

This eating guide is based on the dietary guidelines of the Weston A. Price Foundation.

Do This	Avoid This
Shop at small private farms for as much of your food as possible. Search and you will find them.	Avoid supermarket food as much as possible. Organic labels do not mean organic.
Eat whole, natural foods. Eating the whole food provides us with valuable nutrition that we often cannot get from isolated parts.	Do not toss away the skin or trim the fat. Do not drink juice unless you make it yourself and include the entire fruit or vegetable.
Eat naturally-raised meat, including fish, seafood, poultry, beef, lamb, organ meats and eggs. Animals should be pasture raised.	Avoid all factory farmed meats and meat products. Animals that have lived full, natural, happy lives provide us with far more nutrition.
Eat whole, naturally-produced raw milk and raw milk products from naturally-raised cows; such as yogurt, kefir, butter, ghee, cheese and cream.	Avoid 'skim' or low fat milk. Avoid milk that has been pasteurized at high temperatures. Non-pasteurized, non-homogenized raw milk is best.
Use only healthy fats and oils - butter, ghee, animal fats, virgin coconut oil (VCO), olive oil, etc. Expeller or cold pressed oils are best.	Avoid processed or refined oils. Avoid canola, vegetable oil, and other 'supermarket' oils.
Eat plenty of fresh organic fruits and vegetables in salads and soups, raw, or lightly steamed.	Avoid processed foods. Avoid all food additives, colors, preservatives, artificial vitamins, etc.
Include enzyme-enhanced fermented vegetables, fruits, beverages and condiments in your diet every day. (yogurt, kefir, natto, etc.)	Avoid artificial preservatives, and use natural preservatives instead, such as healthy salts, brine, vinegar, apple cider vinegar, and whey.
Make homemade soups, soup stocks, sauces, and bone broths from the bones of chicken, beef, lamb or fish. Eat them daily if possible.	Avoid bullion cubes, soup packets, canned soups, dried soups, and all processed soups or soup additives.
Use unrefined sea salts, such as Celtic or Himalayan Pink salt, and herbs and spices.	Avoid all white salt and all refined salts. A good sea salt should have color.
Use filtered water for cooking and drinking.	Avoid bottled water.
Drink tea, coffee, and alcohol only in moderation.	Avoid all processed beverages.
Use natural sweeteners in moderation, such as raw honey, maple syrup, coconut sugar, raw cane sugar, etc., or natural stevia powder.	Avoid all processed sugars - white sugars, all types of agave, and all artificial sweeteners. Avoid processed honey, artificial maple syrup.
Make your own salad dressing using the healthy oils mentioned above, mixed with raw vinegar, lemon juice, and/or other natural seasonings.	Avoid store bought salad dressings, artificial seasoning packets, processed croutons, fake bacon bits, and unhealthy oils.
Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.	Avoid grains and flour if you cannot process them properly. Grind flour from properly prepared grains when you are ready to use it.
Cook only in stainless steel, cast iron, glass, good quality enamel, or high quality stoneware.	Avoid teflon. Aluminum and copper are good for outer layers, but not for cooking surfaces.

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