

Traditional Nutrition Pioneers

Lesson's learned and key discoveries

2016

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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United Kingdom data

NDNS (2015) data show added sugar consumption:

Adults 59g / day = 21.5kg / year

Teenagers 74g / day = 27.0kg / year

Children 61g / day = 22.2kg / year

Flour Advisory Bureau (2016-17) data shows average flour consumption is 59kg / year

Totals 71.5kg / year of flour and sugar alone!

784 calories / day (32-40% kcal) from only 2 ingredients – both nutritionally depleted foods



Dr. Weston Andrew Price (1870-1948)

Canadian born - set up his dental practice in Cleveland

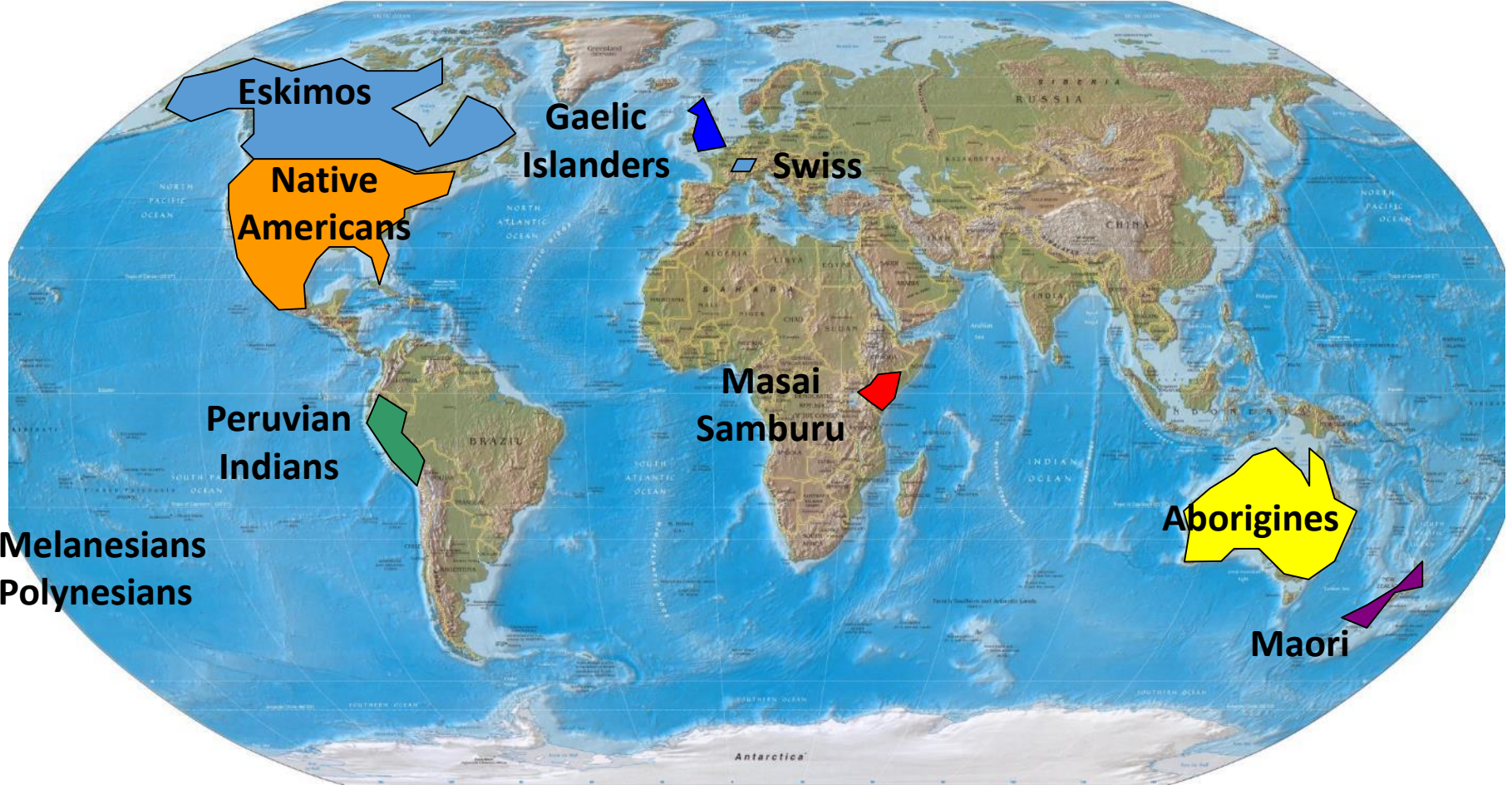
He was the chairman of the research institute, the National Dental Association (1914-1928)

Led a team of over 60 scientists and liaised with a board of 18 leading scientists across a range of disciplines

Published several books and hundreds of scientific articles



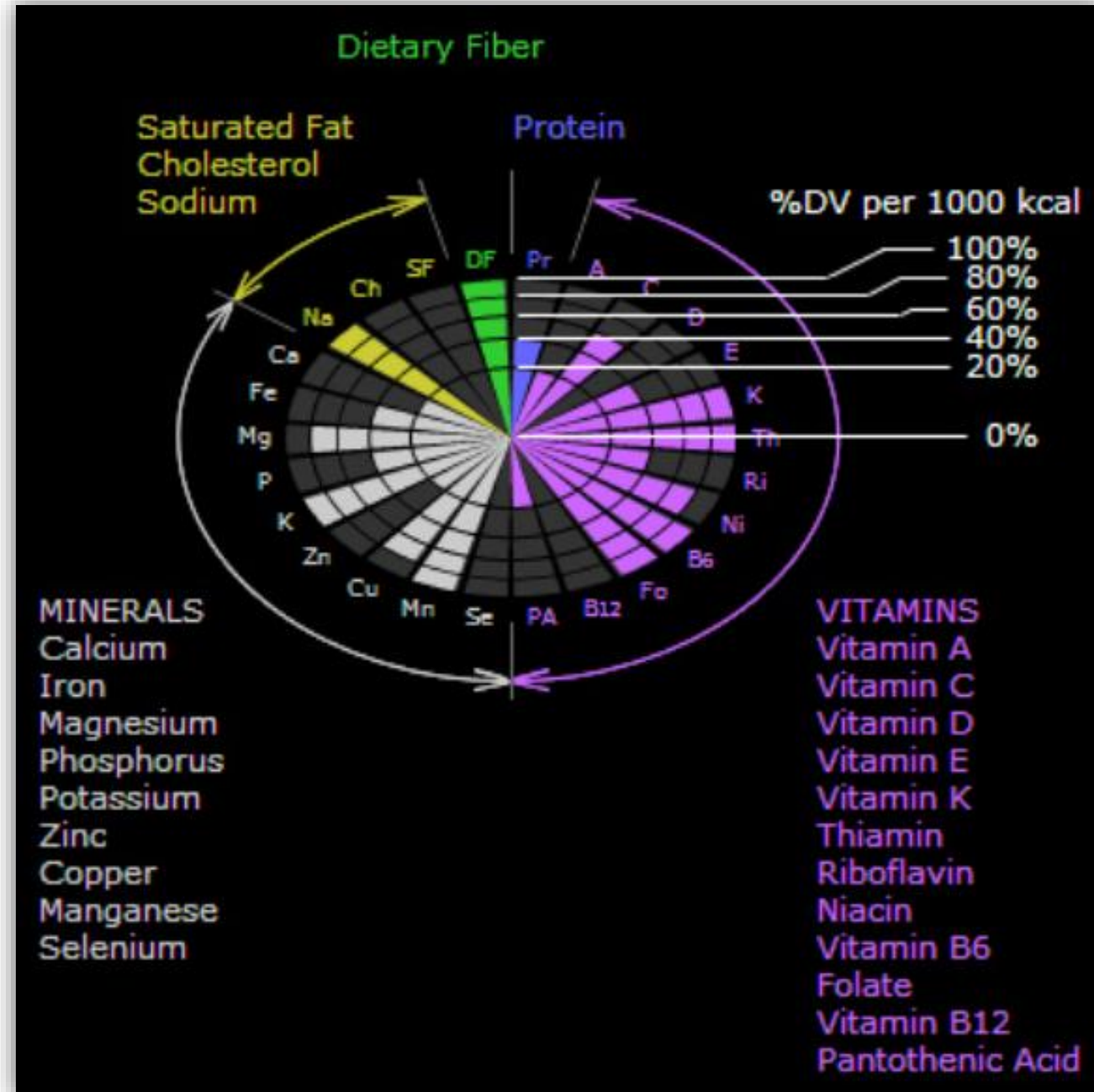
14 populations in 10 years



% Dental cavities in traditional populations

Group	Primitive	Modern
Swiss	4.60	29.8
Gaelics	1.20	30.0
Eskimos	0.09	13.0
Northern Indians	0.16	21.5
Seminole Indians	4.00	40.0
Melanesians	0.38	29.0
Polynesians	0.32	21.9

Nutrient completeness score

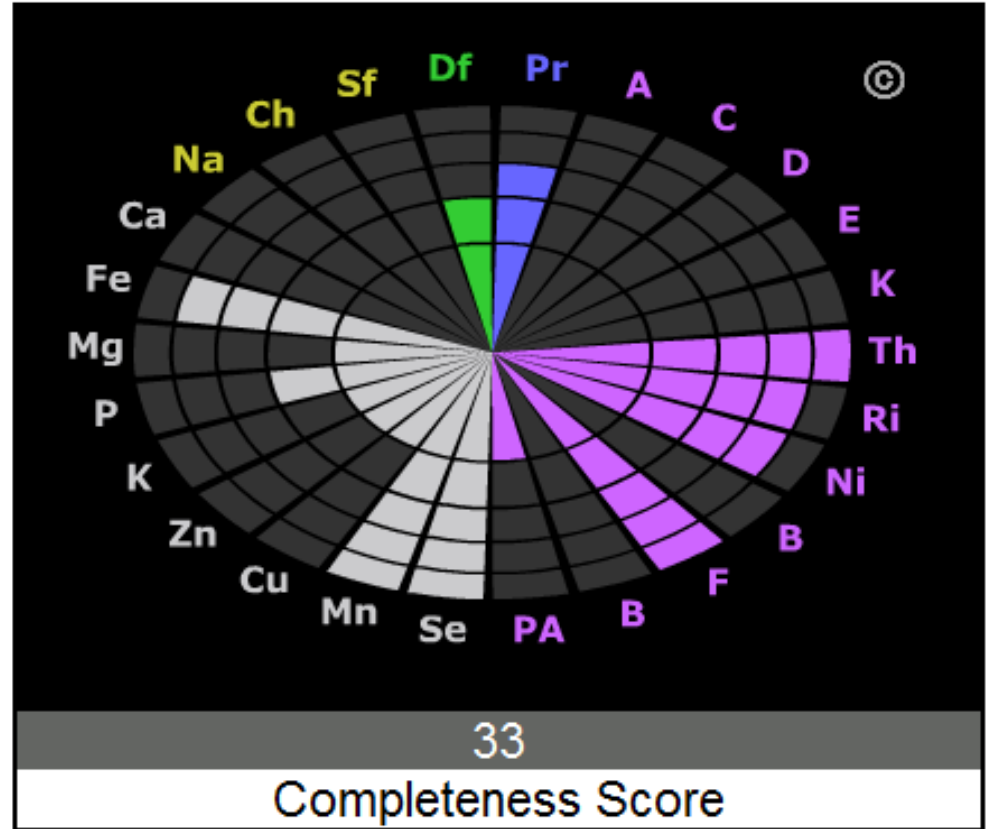


Displacing foods of modern civilisation - wheat



Refined white flour

— NUTRIENT BALANCE —

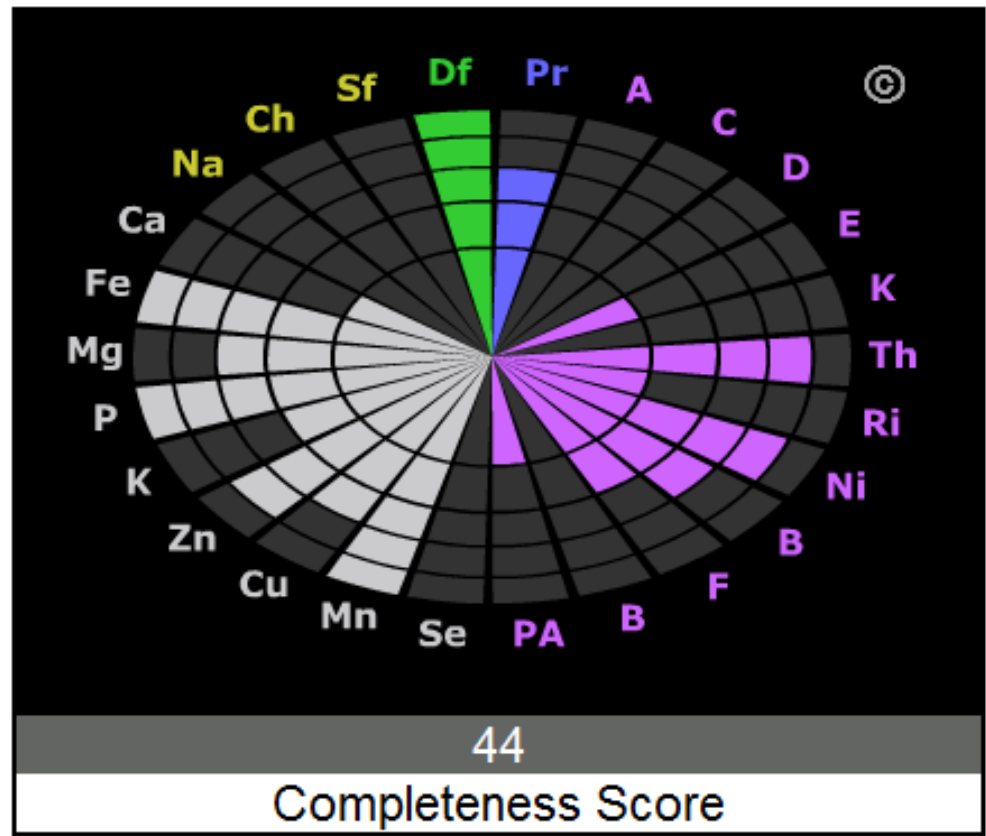


Natural foods - wheat



Whole wheat

NUTRIENT BALANCE

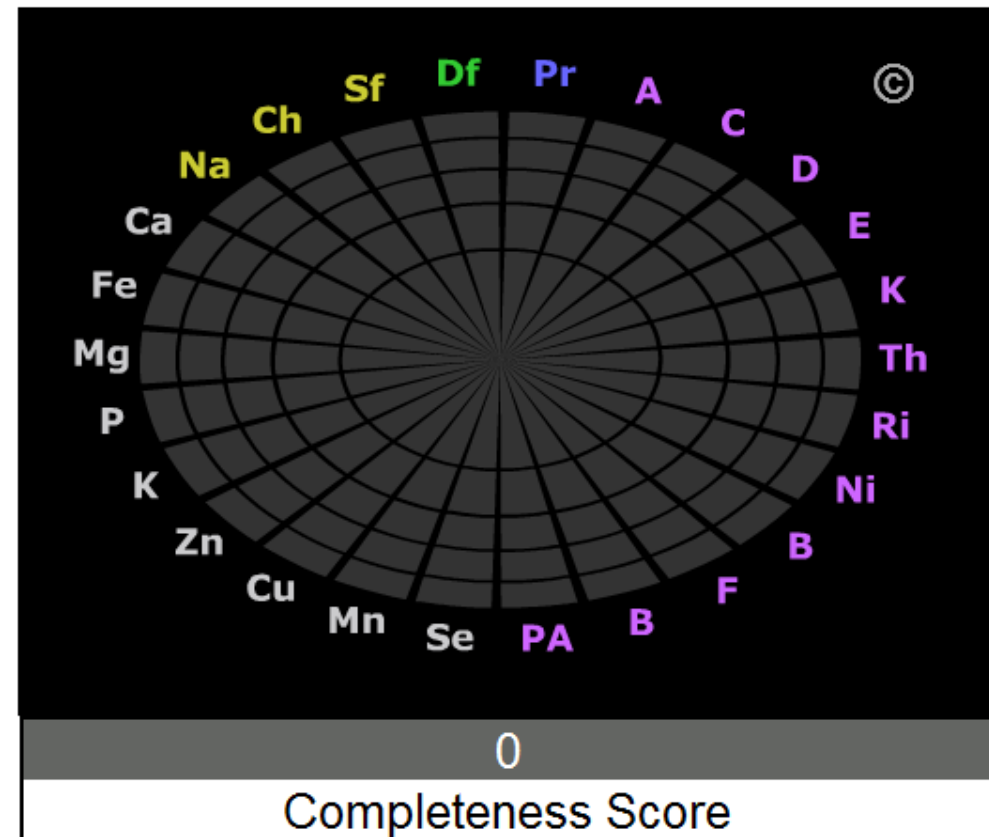


Displacing foods of modern civilisation - sugar

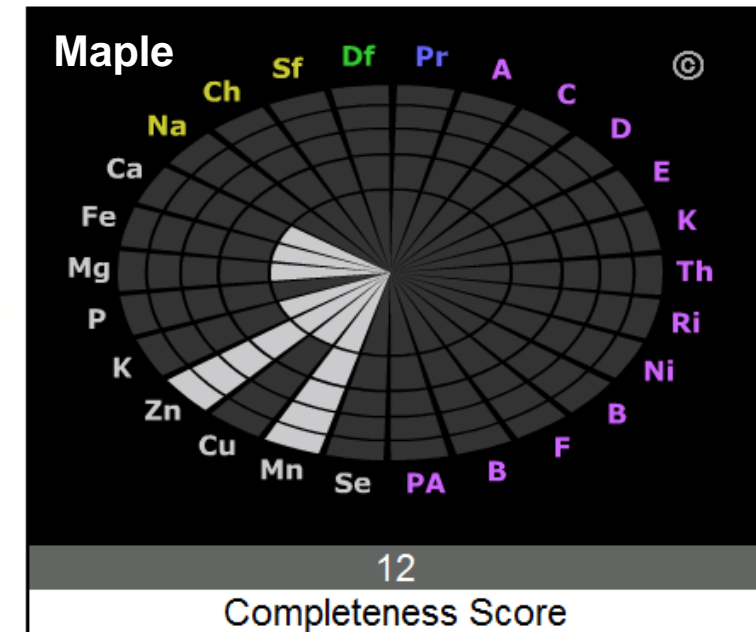
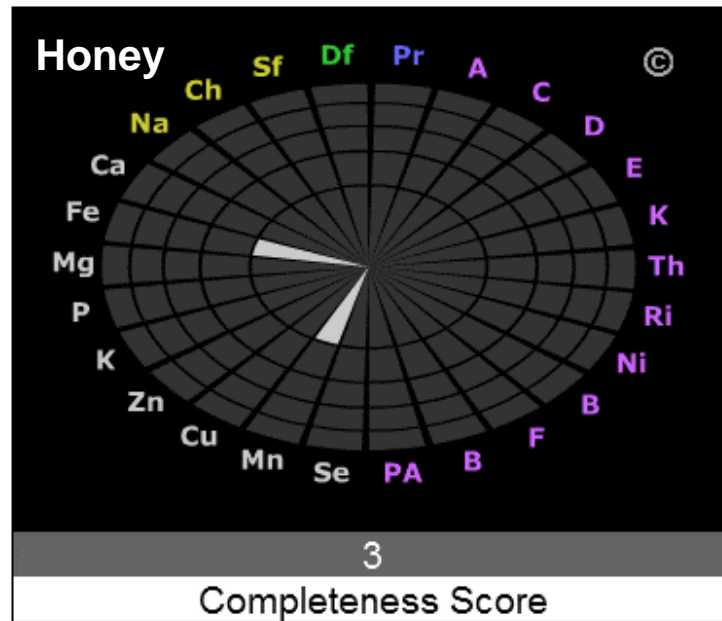


Refined white sugar

NUTRIENT BALANCE



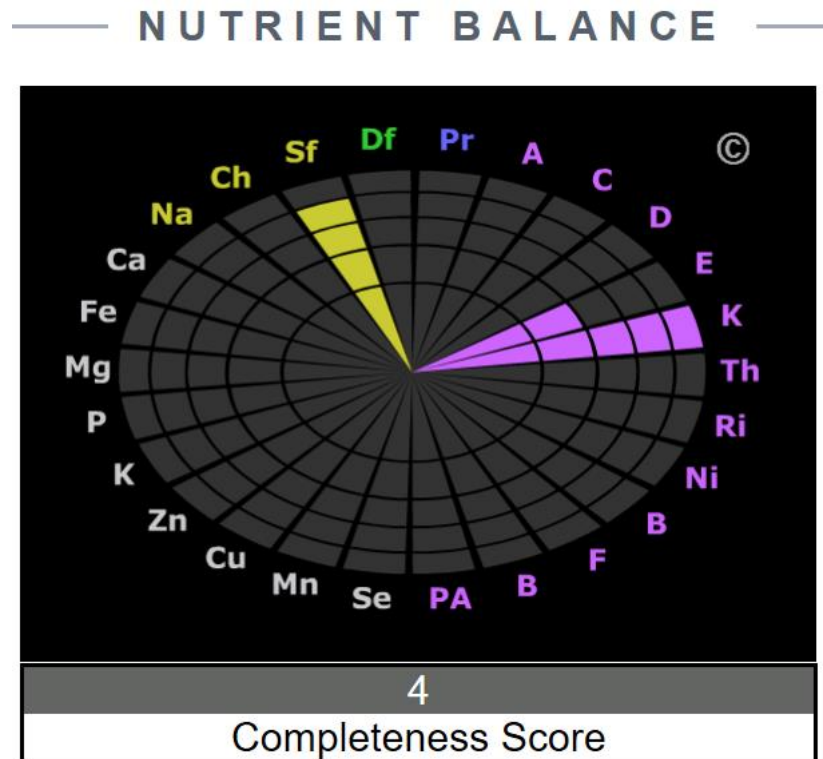
Natural foods – Honey / Maple



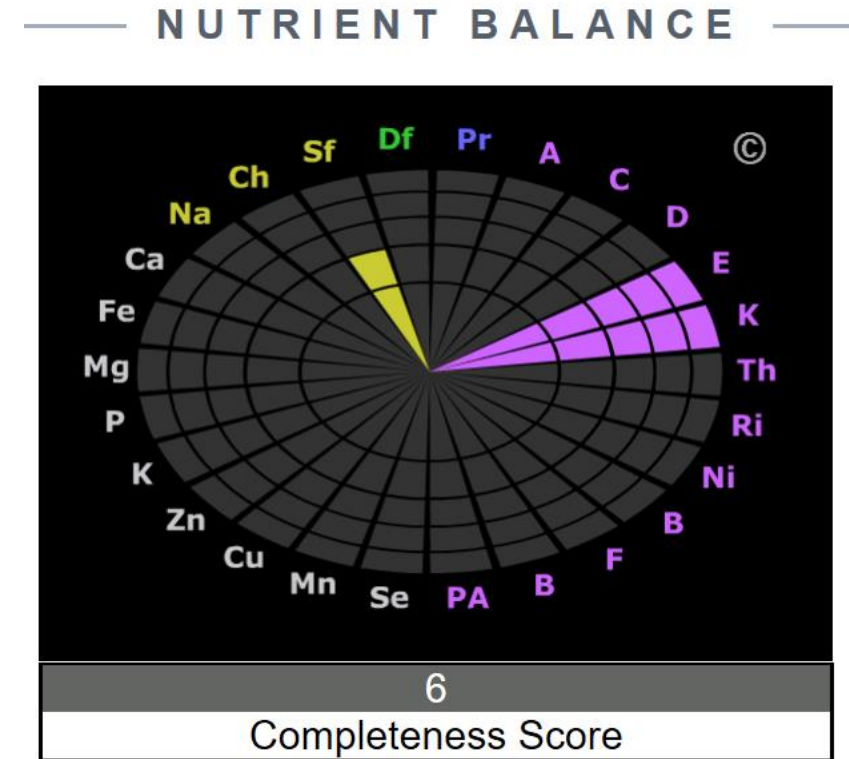
Displacing foods of modern civilisation – vegetable oils



Soy bean oil

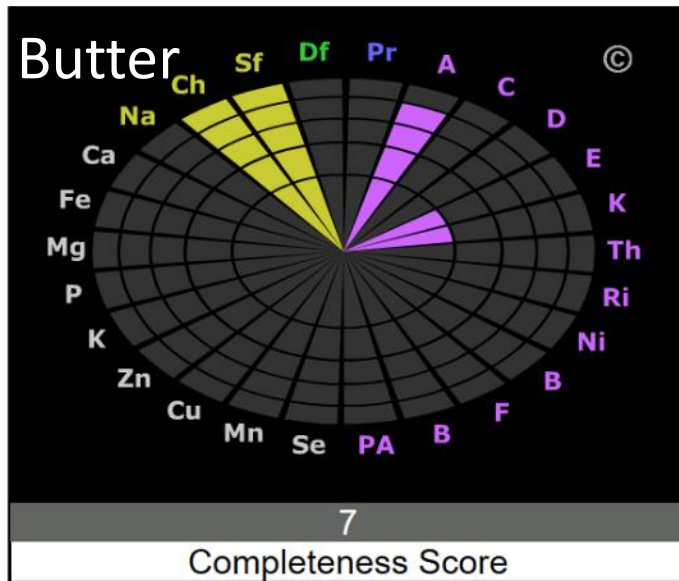


Rapeseed oil

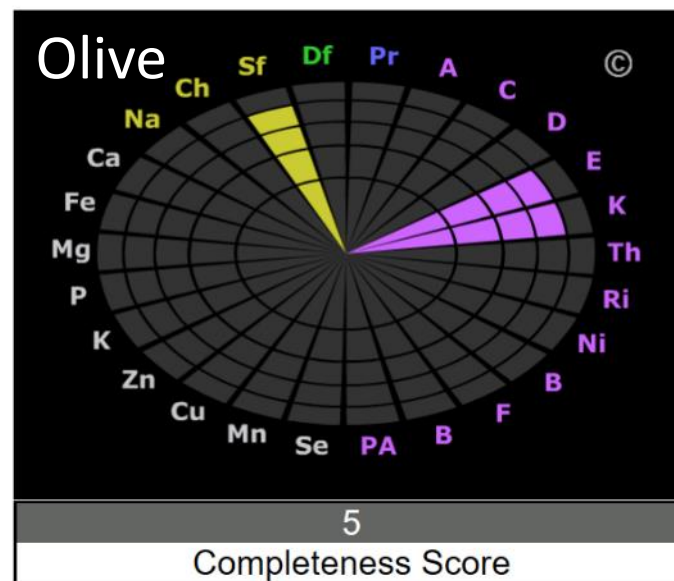


Natural foods?? – Butter / Olive oil / coconut oil

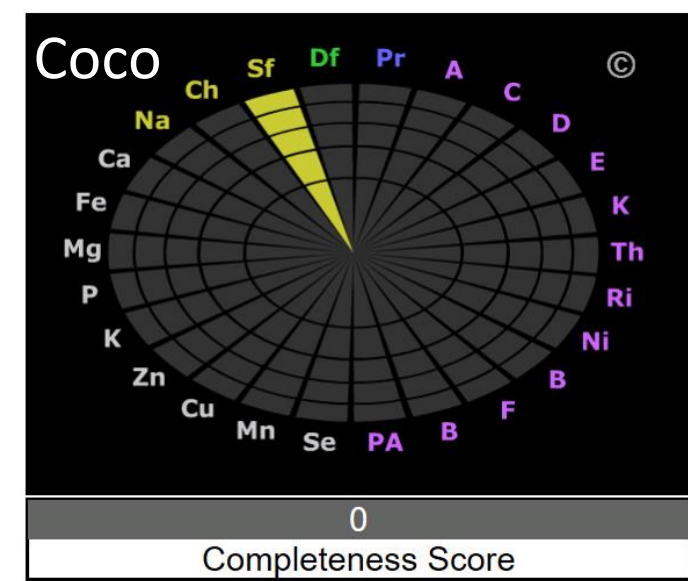
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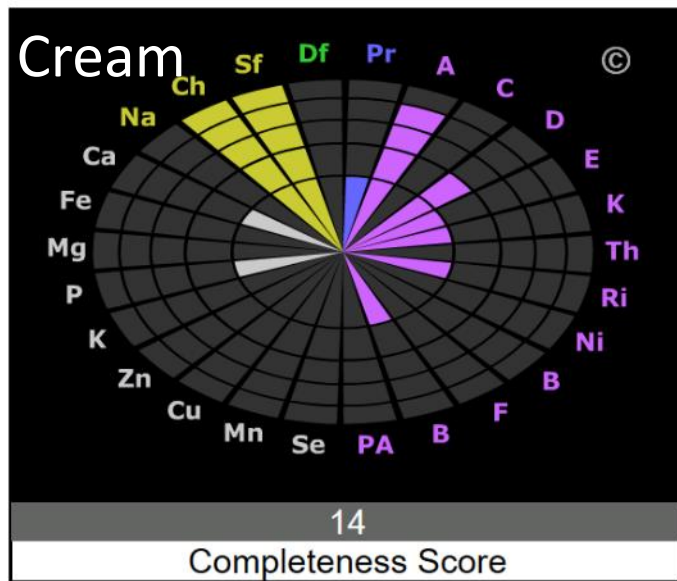


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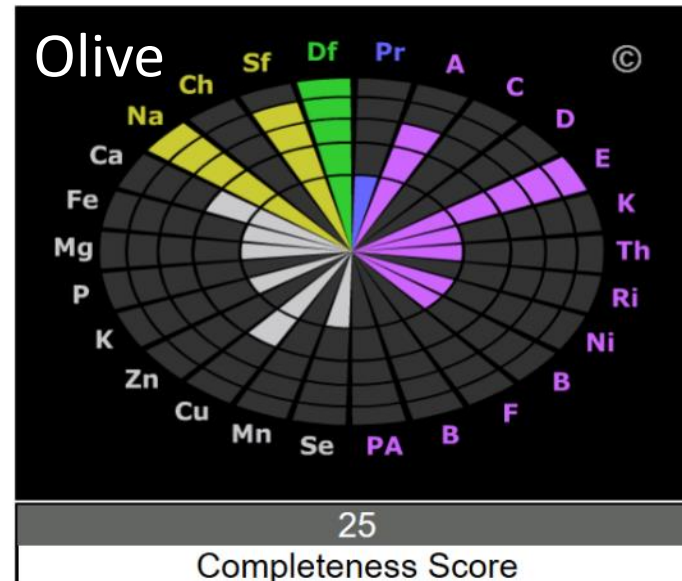


Natural unprocessed foods – Cream / Olives / Coconut

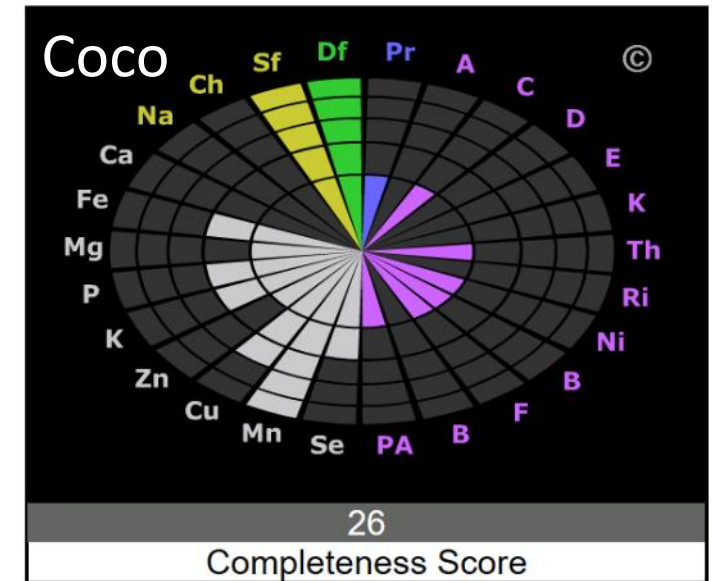
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— NUTRIENT BALANCE —



— NUTRIENT BALANCE —



Nutrient comparison

Group	Calcium	Phos.	Iron	Mag.
Native Eskimo	5.4	5.0	1.5	7.9
Indians of Northern Canada	5.8	5.8	2.7	4.3
Swiss	3.7	2.2	3.1	2.5
Gaelic (Outer Hebrides)	2.1	2.3	1.0	1.3
Australian Aborigines	4.6	6.2	50.6	17.0
New Zealand Maori	6.2	6.9	58.3	23.4
Melanesians	5.7	6.4	22.4	26.4
Polynesians	5.6	7.2	18.6	28.5
Coastal regions of Peru	6.6	5.5	5.1	13.6
Mountain Indians of Peru	5.0	5.5	29.3	13.3
Cattle tribes interior Africa	7.5	8.2	16.6	19.1
Agricultural tribes central Africa	3.5	4.1	16.6	5.4

Nutrient comparison

Group	Calcium	Phos.	Iron	Mag.	Vit. A, D, E, K	Vit. B & C
Native Eskimo	5.4	5.0	1.5	7.9	10+	Large ↑
Indians of Northern Canada	5.8	5.8	2.7	4.3	10+	Large ↑
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Agricultural tribes central Africa	3.5	4.1	16.6	5.4	10+	Large ↑

TRADITIONAL DIETS

MODERN DIETS

FOODS FROM FERTILE SOIL

FOODS FROM DEPLETED SOIL

ORGAN MEATS PREFERRED OVER MUSCLE MEATS

MUSCLE MEATS, FEW ORGANS

ANIMAL FATS

VEGETABLE OILS

ANIMALS ON PASTURE

ANIMALS IN CONFINEMENT

DAIRY PRODUCTS RAW AND/OR FERMENTED

DAIRY PRODUCTS PASTEURIZED

GRAINS AND LEGUMES SOAKED/FERMENTED

GRAINS REFINED, EXTRUDED

BONE BROTHS

MSG, ARTIFICIAL FLAVORINGS

UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)

REFINED SWEETENERS

LACTO-FERMENTED VEGETABLES

CANNED VEGETABLES

LACTO-FERMENTED BEVERAGES

MODERN SOFT DRINKS

UNREFINED SALT

REFINED SALT

NATURAL VITAMINS IN FOODS

SYNTHETIC VITAMINS ADDED

TRADITIONAL COOKING

MICROWAVE, IRRADIATION

TRADITIONAL SEEDS/OPEN POLLINATION

HYBRID SEEDS, GMO SEEDS

A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE
EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

PUBLISHED BY
PRICE-POTTENGER NUTRITION FOUNDATION™

Nutrition and Physical Degeneration



Dr. Price traveled worldwide to discover the secrets of healthy people.

Weston A. Price, DDS

"DR. WESTON PRICE was one of the most prominent health researchers of the 20th century... This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health."

– Dr. Joseph Mercola

EXPANDED EDITION WITH NEW PHOTOS AND TEXT

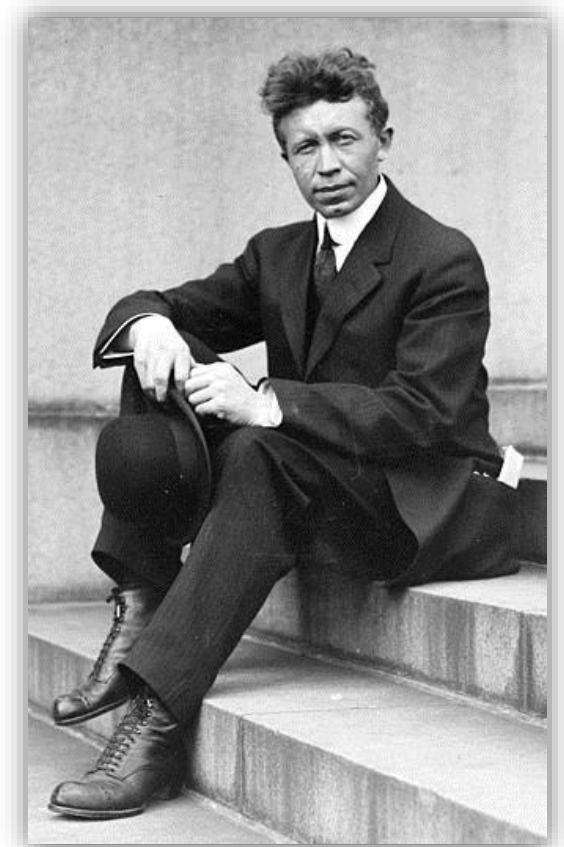
Vilhjalmur Stefansson (1879-1962)

Canadian born arctic explorer and anthropologist

His Arctic explorations (1906-1919) he became fascinated with the robust health of the Inuit despite a diet of 90% meat & fish

Stefansson lived for 12 winters and summers with the Eskimo and lived and ate as they did – an immersion of their lifestyle

Upon returning to USA he carried out a series of experiments to demonstrate the effects of such a carbohydrate restricted diet



Typical autumn Inuit diet

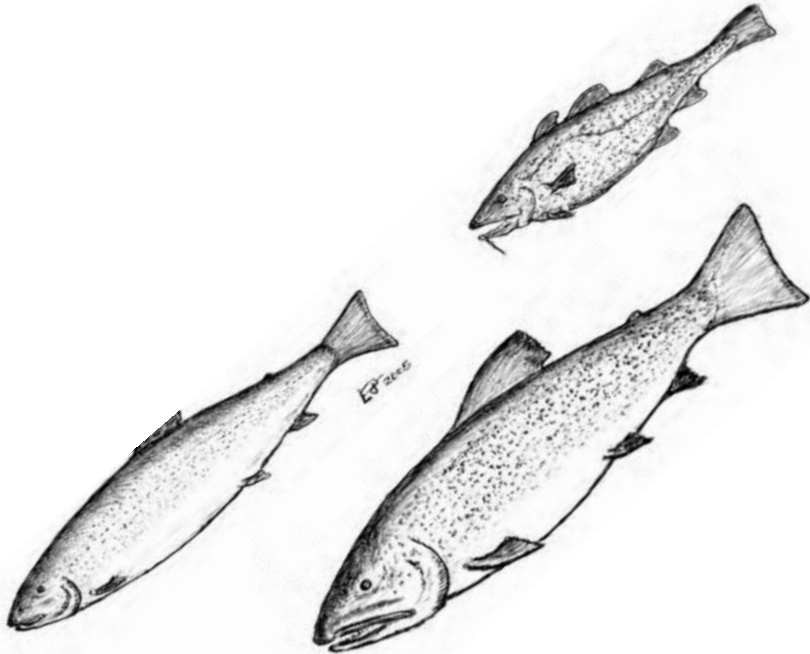
Stafansson reported the Inuit typically ate 4 times per day

- Early morning(7am) – freshly frozen, raw fish
- Late morning(11am) – freshly frozen, raw fish
- Late afternoon (4pm) – hot boiled fish (and broth)
- Before bed (10-11pm) – cold leftover fish from dinner


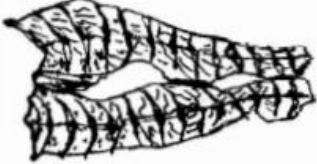

- Fish heads and tails were kept and boiled for the children
- Fermented fish were eaten from time to time as well
- Polar bear, seal and whale meat, especially fat & blubber, birds, shellfish, seaweed, summer berries also featured



Fish – Arctic trout / char / cod



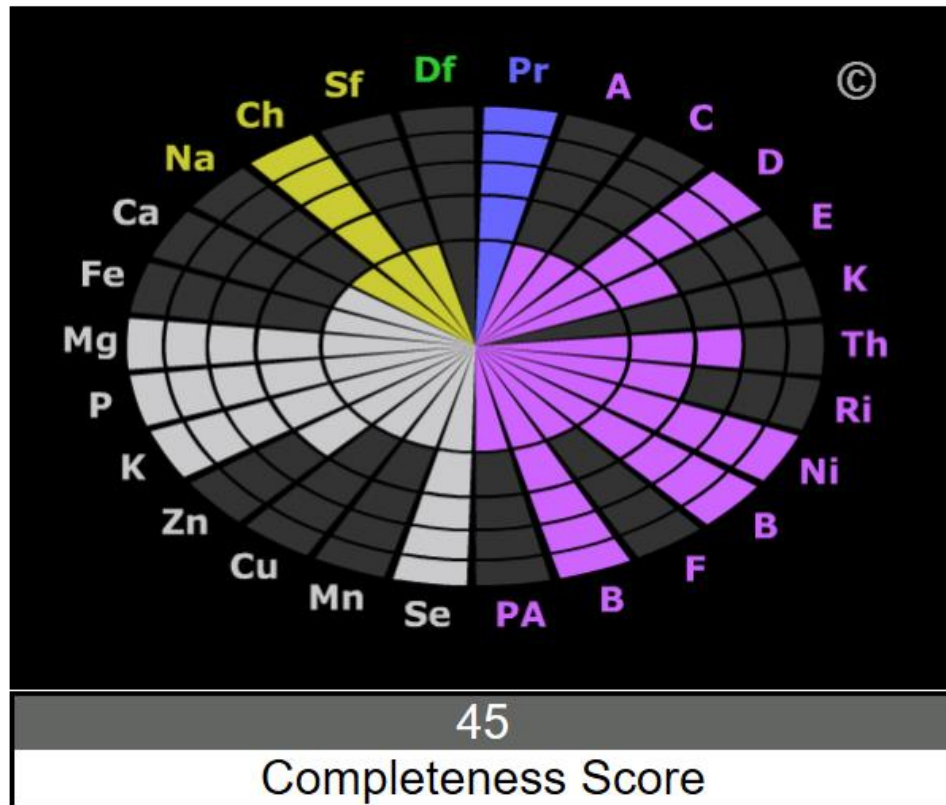
The chart below shows where these nutrients can be found in fish:

Nutrient Rating			
	Fish fillet with skin	Dried char	Eggs*
Excellent sources: (a 100 g serving provides 25% or more of the recommended amount)	Protein Omega-3 fatty acids Vitamin D	Protein Omega-3 fatty acids Vitamin D	Protein Omega-3 fatty acids Zinc Selenium
Nutrients found in lower amounts:	Iron Zinc Calcium Selenium	Iron Zinc	Vitamin C

Values based on what has been measured in arctic char and lake trout.

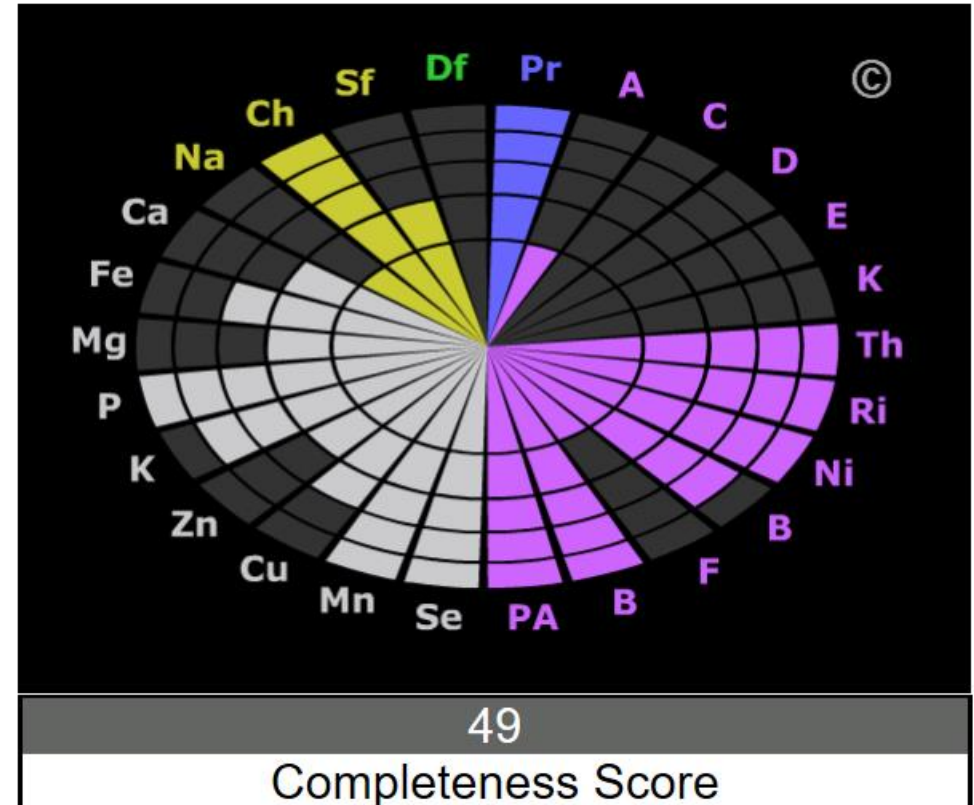
* Fish egg values based on cisco and salmon

Cod / Trout - nutrition score



1 Raw cod fillet (230g)

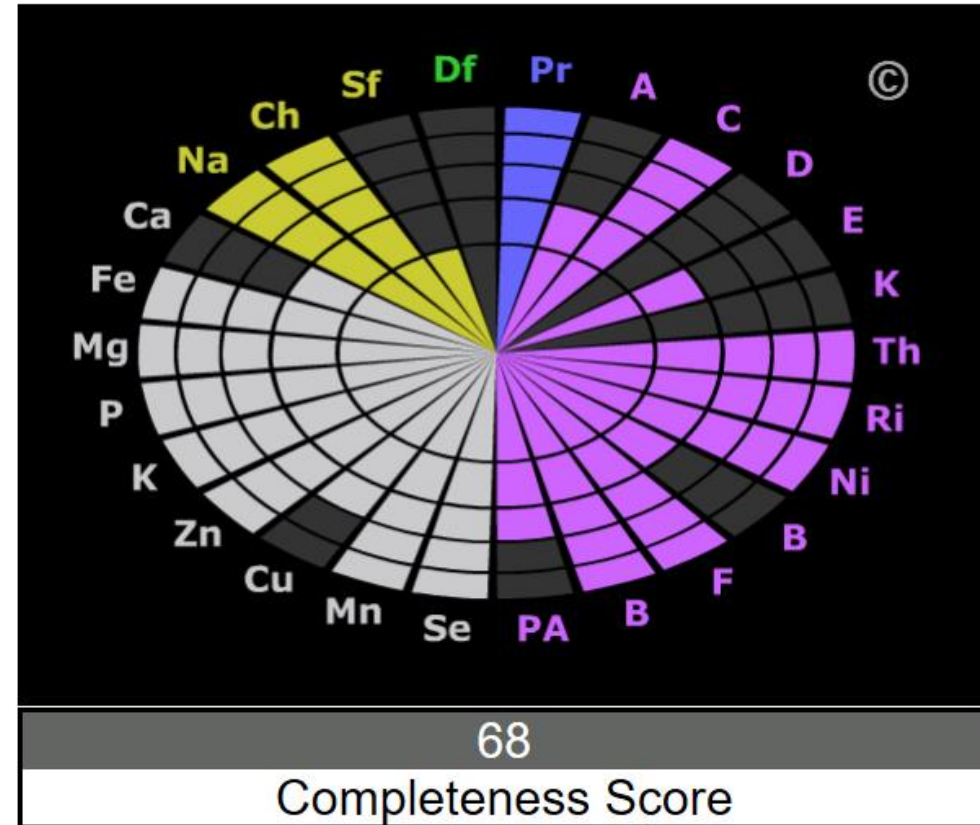
93% protein, 7% fats



1 Raw trout fillet (80g)

60% protein, 40% fat

Mussels – nutrition score

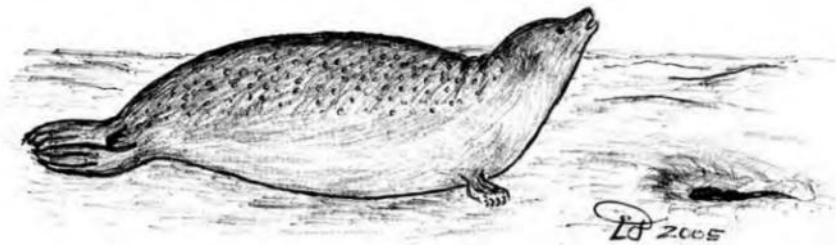







5 large mussels (100g)

59% protein, 23% fats, 18% carbs

Seal

The chart below shows where these nutrients can be found in seals:



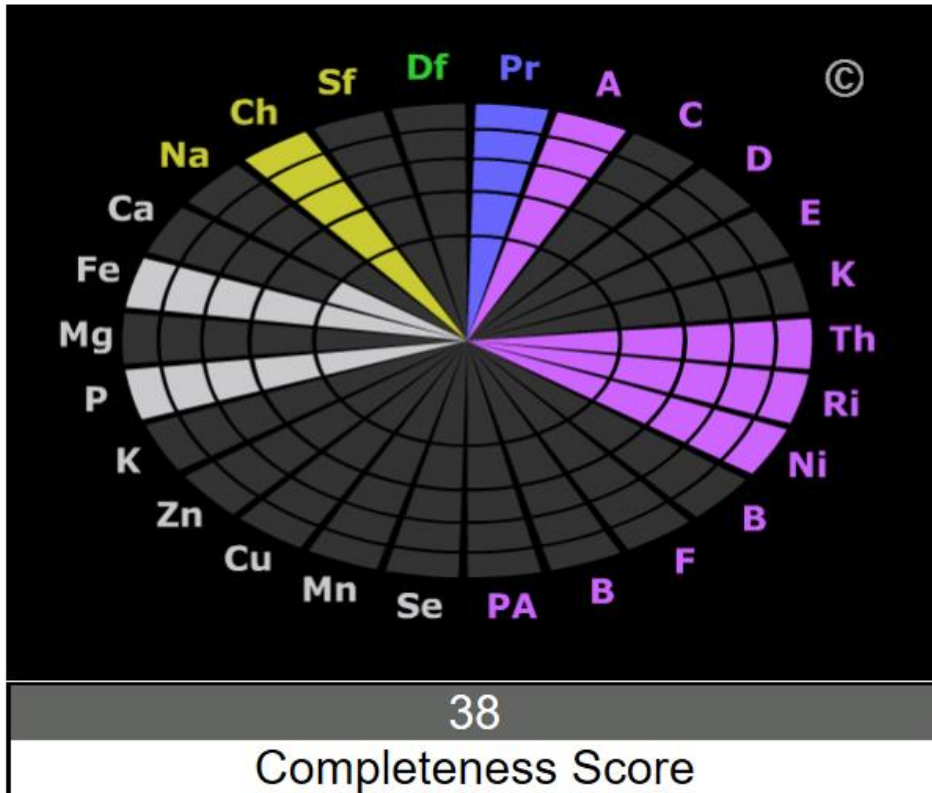
Nutrient Rating					
	Meat	Blubber*	Liver*	Heart	Intestine
Excellent ways to get: (a 100 g serving provides at least 25% (50% for vitamin C) of the recommended amount)	Protein Iron Selenium Omega-3 fatty acids	Omega-3 fatty acids Vitamin D	Protein Iron Vitamin A Zinc Selenium Folate Vitamin D	Protein Iron Zinc Omega-3 fatty acids	Protein Iron Selenium Omega-3 fatty acids
Nutrients found in lower amounts:	Zinc Vitamin C	Vitamin A Vitamin E	Vitamin C		Vitamin C Calcium Vitamin E

This table is based on what has been measured in ringed and bearded seal.

* assumes a serving size of 80 grams or approximately 5 tablespoons

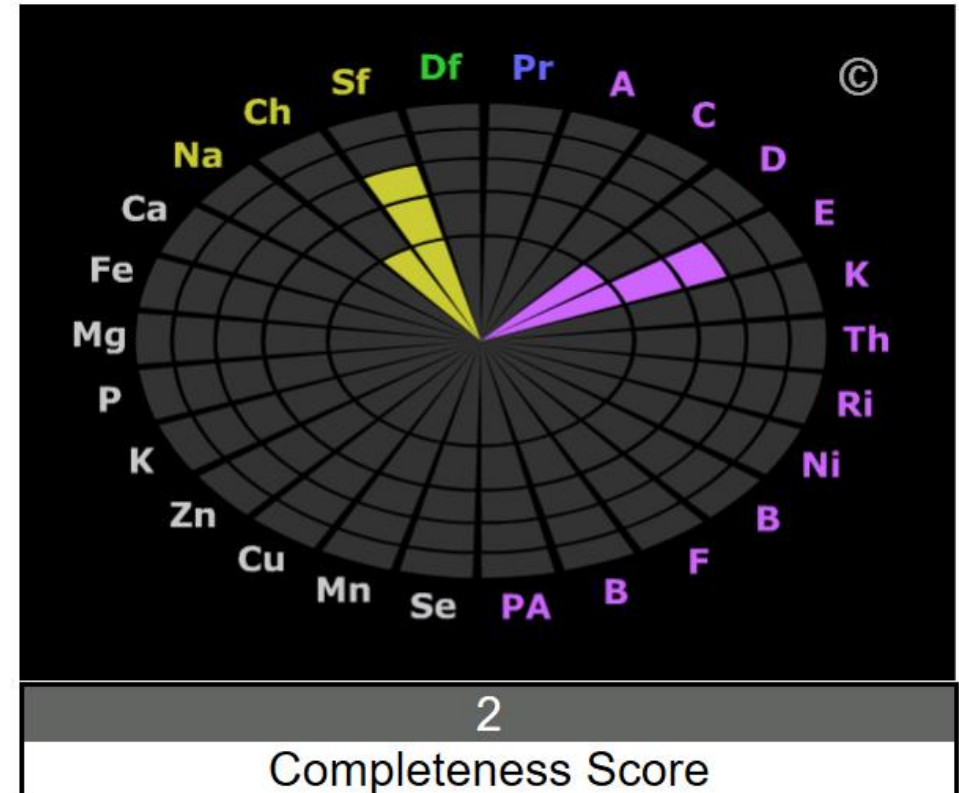
• Inuit women of child-bearing age in Nunavut who may become pregnant, are planning to get pregnant, or are pregnant are advised to eat ringed seal meat instead of ringed seal liver.

Bearded seal – nutrition score



100g lean meat

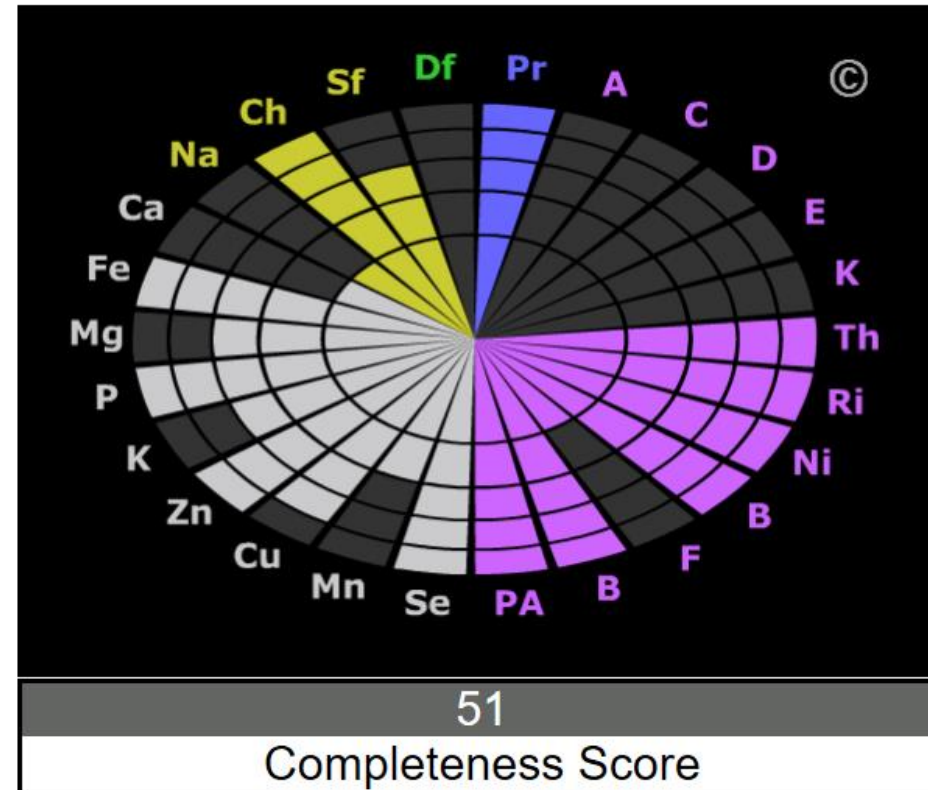
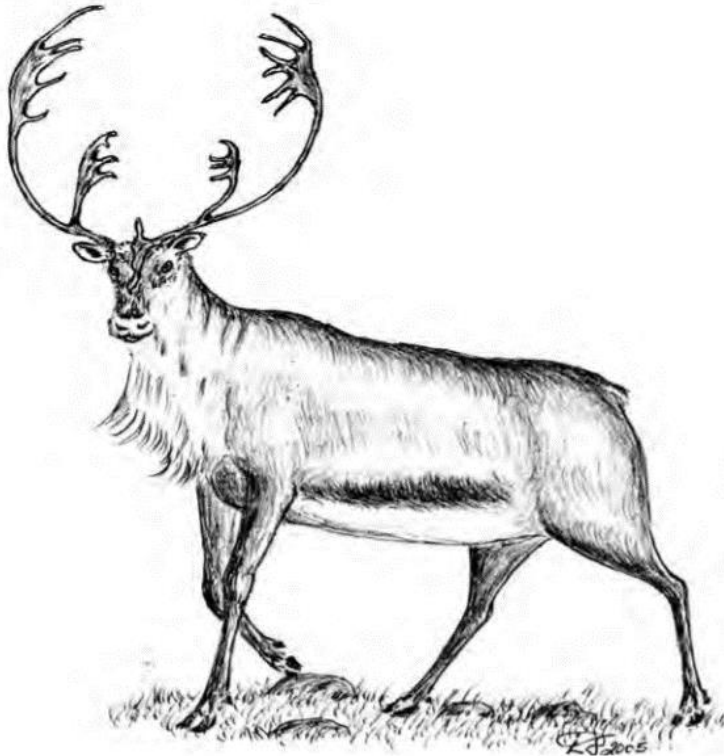
97% protein, 3% fat



100g seal oil

899kcal, 11% SFA, 47% MUFA, 33% PUFA

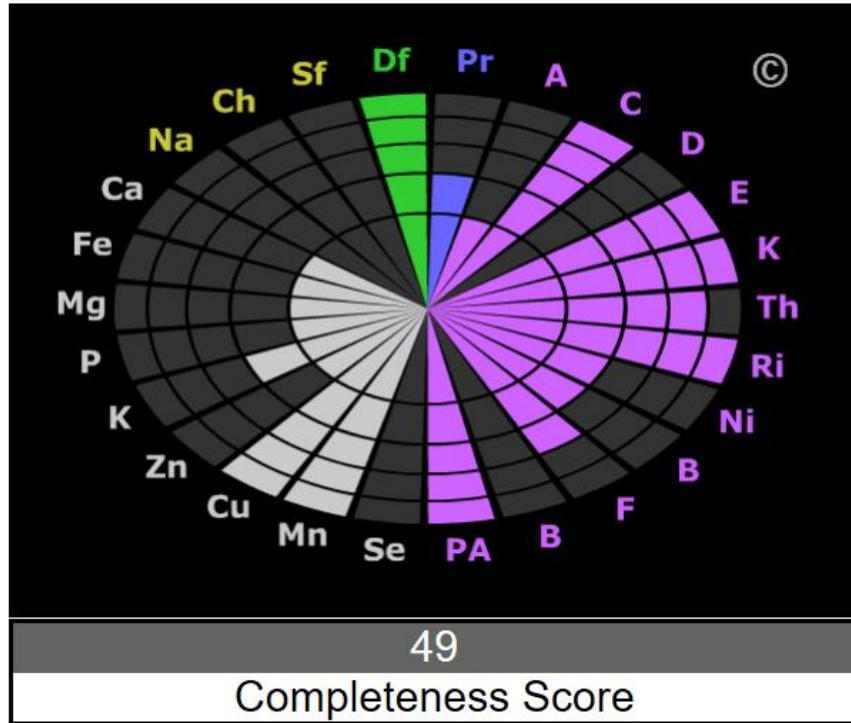
Caribou – nutrition score



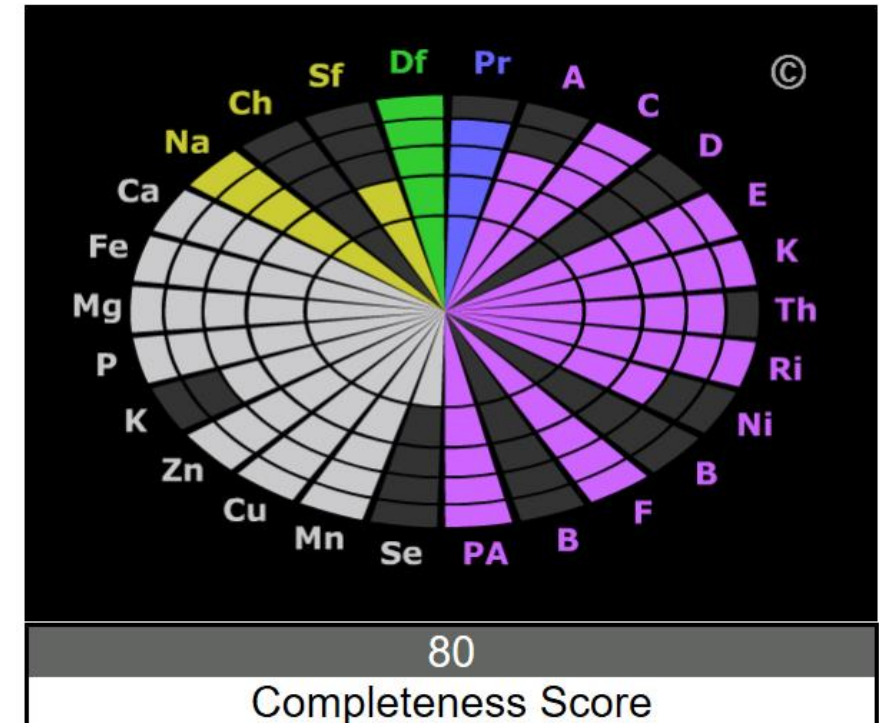
100g meat

76% protein, 24% fat

Berries & seaweed



100g blackberries (15 kcal)
6% protein, 19% fat, 75% carbs



100g kelp (43 kcal)
10% protein, 11% fat, 79% carbs

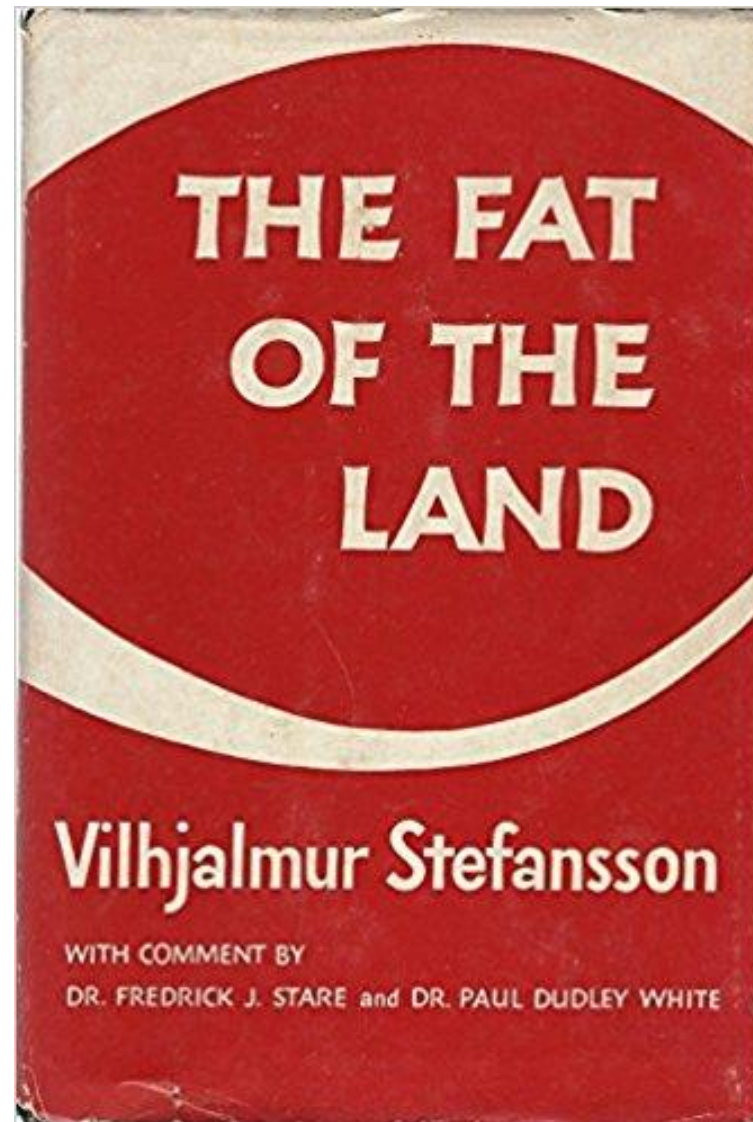
1 year diet trial

Stefansson and a colleague, Andersen, undertook to live on the flesh of animals, birds and fish for 1 year

In controlled scientific conditions beginning Jan 1928

- Lean meats quickly made them unwell - quickly corrected by introducing more animal fats and organs
- They remained in good health for full 12 months – regular health checks by medical staff showed little ill-effects
- Averaged between 25-33% lean meat and 66-75% fats





Major-General Sir Robert McCarrison (1878-1960)

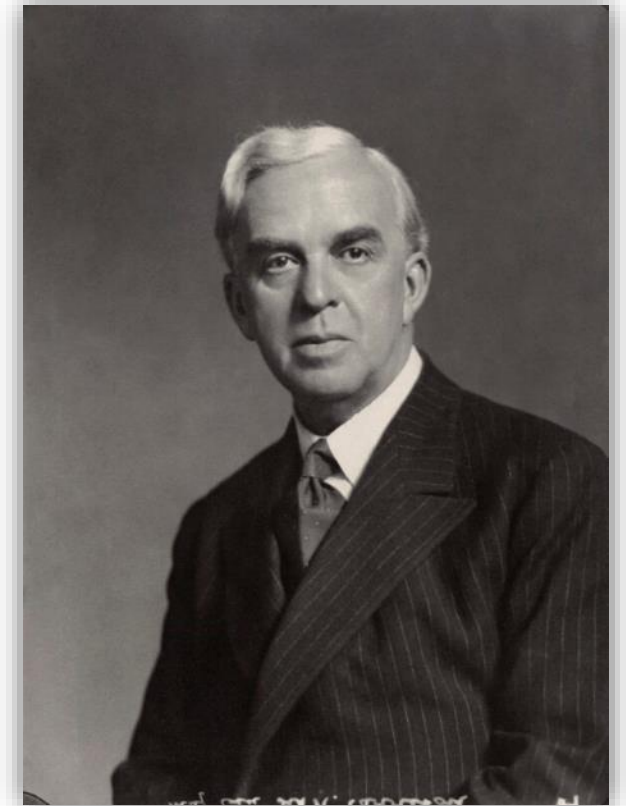
Northern Irish physician and nutritionist

Studied nutrition and deficiency disease for 30 years

Served as director of nutrition research in India 1928-1935

Appointed honourable physician to the King in 1935

Visited Hunza region in western Himalaya's (northern Pakistan) during 1901-2 – it greatly impressed him



Hunza valley

McCarrison reported on the Hunzakuts of the Hunza Valley (1925)

He stated, "How is it that man can be such a magnificent creature as the Hunzakut"



Hunza valley in summer (May – Sep)



Healthy Hunza – longevity claims



McCarrison: 5 Reasons for Hunza health

1. “Infants are reared as Nature intended them to be reared—at the breast. If this source of nourishment fails, they die; and at least they are spared the future gastrointestinal miseries, which so often have their origin in the first bottle.”
2. “The people live on the unsophisticated foods of Nature: milk, eggs, grains, fruits and vegetables. I don’t suppose that one in every thousand of them has ever seen a tinned salmon, a chocolate or a patent infant food, nor that as much sugar is imported into their (Hunza) country in a year as is used in a moderately sized hotel of this city in a single day.”



Drying apricots

McCarrison: 5 Reasons for Hunza health

3. “Their religion (Islam) prohibits alcohol, and although they do not always lead in this respect a strictly religious life, nevertheless they are eminently a tee totalling race.”
4. “Their manner of life requires the vigorous exercise of their bodies.”
5. Pure and clean, mineral rich mountain water



Naltar lake, Hunza

Hunza valley in winter (Nov – Feb)



Hunza diet

Category	Foods found in traditional Hunza diet
Fruits (more in summer)	Apricots, peach, cherry, pear, plums, melon, mulberry, pomegranate, apples
Vegetables (more in summer)	Turnips, garlic, carrots, pumpkins, onion, cabbage, cauliflower, peas
Pulses	Beans (sprouted), lentils and chickpeas (gram flour)
Whole grains	Barley (late spring), millet, wheat (summer) & buckwheat (winter)
Nuts and seeds	Apricot kernels (and oil), walnuts, almonds and flaxseeds

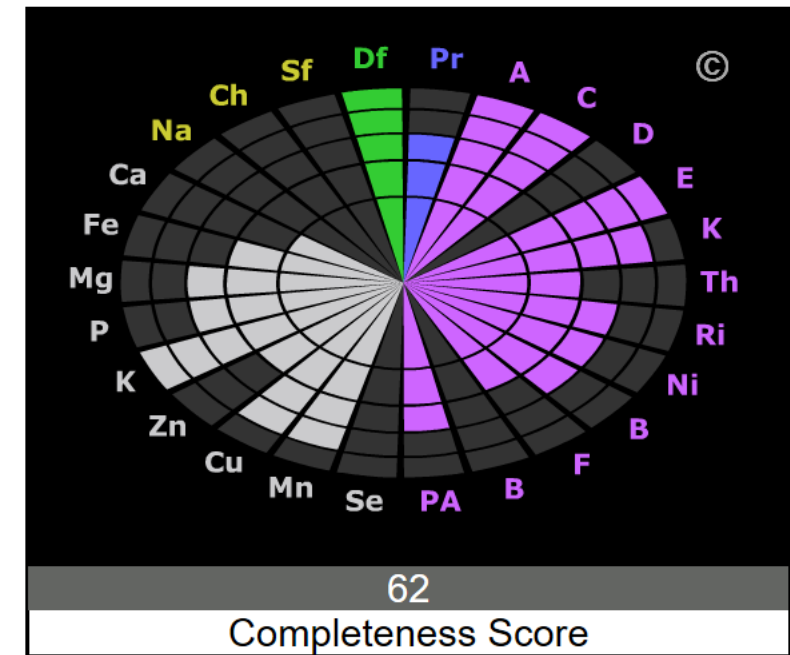
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Pulses	Beans (sprouted), lentils and chickpeas (gram flour)
Whole grains	Barley (late spring), millet, wheat (summer) & buckwheat (winter)
Nuts and seeds	Apricot kernels (and oil), walnuts, almonds and flaxseeds
Dairy	Sheep, goat or yak milk, buttermilk, yoghurt, cheese & butter
Meat and eggs (more in winter)	Sheep, goat, yak, geese, duck, chicken, pheasant & partridge (meat, fat, marrow & organs)

Apricots



NUTRIENT BALANCE

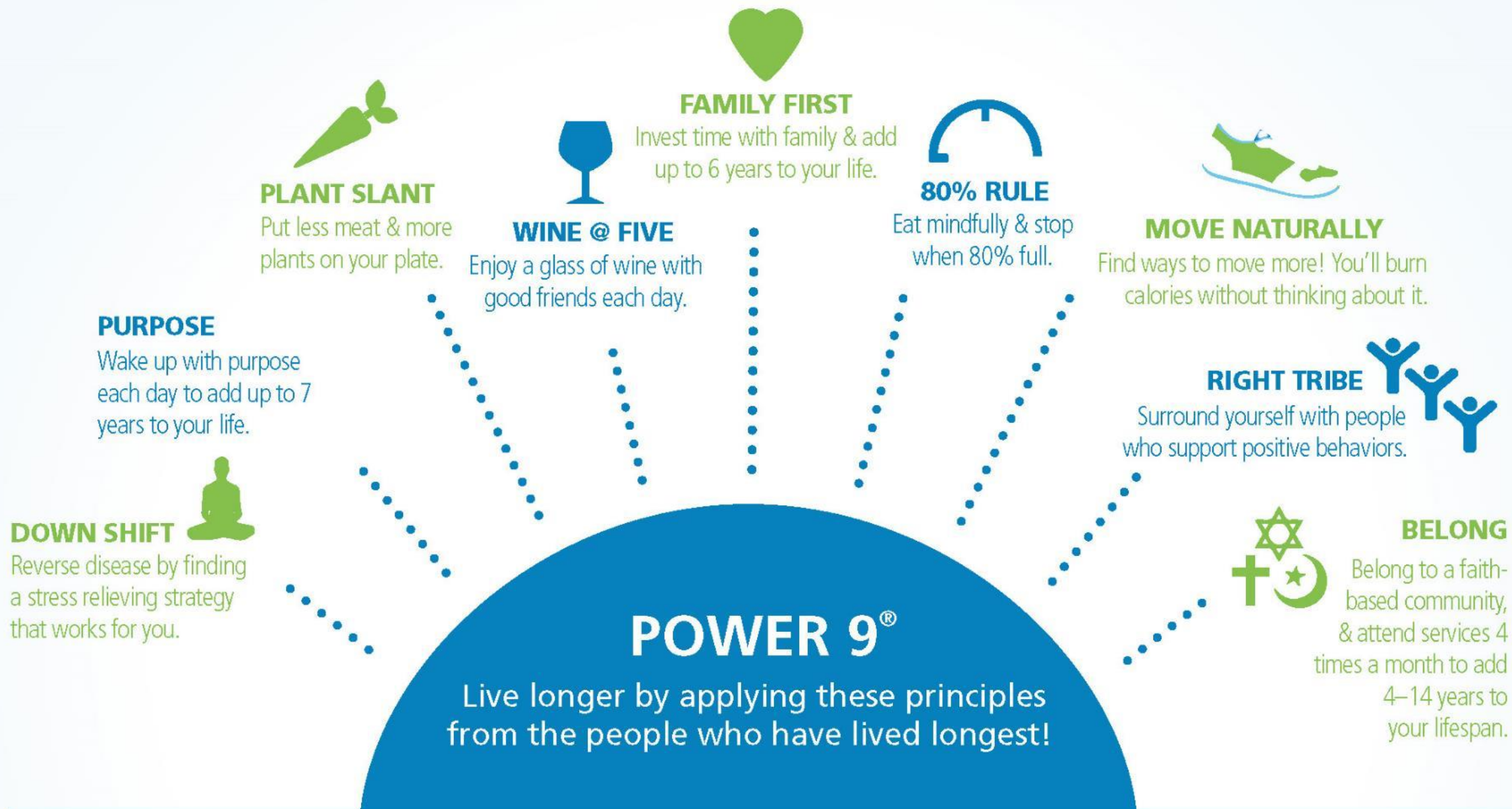


1 apricot (17 kcal)

10% protein, 7% fat, 83% carbs

Blue Zones – longevity hotspots





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