



# Meals That Heal

Traditional Foods

101

The Basics

## Overview

### Non-Traditional Foods

What are non-traditional foods? The last 80 some years has seen the “industrialization” of food. Mass production, long distance shipping, poor farming methods, and unscrupulous manufacturing companies have filled our grocery stores with inferior and sometimes dangerous items that pass themselves off as “food.”

**Processed Foods**—prepackaged foods and mixes, canned foods, frozen meals, pasteurized dairy products, cured meats, roasted nuts, commercially prepared peanut butter and condiments, processed cheese products, table salt, tap water

**Nutrient Deficient Foods**—soda pop, potato chips, candy, white flour baked products (bread, buns, rolls, donuts, cake), white rice, corn syrup, cereal, crackers, snack items, any foods fried in vegetable oils, coffee, tea

**“Frankenfoods”**—man-made food products, (soy products, margarine, shortening), refined oils, refined sugar, preservatives, artificial flavorings and colors, additives, pesticides, nitrates and nitrites, irradiated and genetically engineered foods, non- and low-fat foods, non-dairy products, artificial sweeteners

### Traditional Foods

Traditional foods, as defined by Nourishing Traditions, are organic, whole, unrefined, non-genetically modified foods. These foods are eaten raw or

prepared in traditional cooking methods to preserve the nutrients our bodies need to heal and maintain health.

### Minimally Processed Foods—

Oatmeal, sprouted grain breads, expeller pressed extra virgin olive oil, flax, and sesame oil, olives, tomato paste, canned tomatoes, frozen organic fruits and vegetables, rapadura, raw honey, maple syrup, rice bran pastas, raw apple cider vinegar, Celtic sea salt, home preserved foods, coconut milk

**Nutrient Dense Foods**—Butter, eggs, seafood, organ meats, fish roe, full fat meats and dairy products

**Whole Foods**, *preferably locally grown organic*—vegetables, fruits, nuts, seeds, brown and wild rice, organic dried beans and peas, properly prepared whole grains

### Traditional Cooking Methods

With the introduction of mass production, fast foods, and instant foods, most of the methods of cooking that our ancestors valued were lost. They understood how to prepare food to guarantee maximum nutrition and minimize harmful elements in foods.

Traditional cooking methods include:

- **Culturing dairy**
- **Lacto-fermentation**
- **Properly preparing grains, legumes and nuts**
- **Bone broths**
- **Food preservation like canning and dehydrating**

## A Better Nutritional Guide

### Proteins

#### *Fast Metabolism*

40 % of diet  
6–8 oz full fat per day

#### *Slow Metabolism*

40% of diet  
4-6 oz lean per day

#### **Choose:**

Grass-fed beef  
Organic range-fed poultry  
Whole, raw or cultured dairy  
Organic range-fed eggs  
Low-toxicity wild seafood—1+ x week  
Homemade nut butters  
Soaked and dried nuts

#### **Avoid:**

Soy products  
Grain-fed meats  
Pasteurized homogenized milk  
Eggs from grain-fed, confined chickens  
Farmed seafood  
Commercial peanut butter  
Roasted or raw nuts  
Processed meats

### Fats

#### *Fast Metabolism*

40% of diet  
6+ tbsp

#### *Slow Metabolism*

30% of diet  
2+ tbsp

#### **Choose:**

Expeller-pressed organic coconut oil  
Virgin coconut oil,  
Expeller pressed sesame oil  
Extra virgin olive oil (EVOO)  
Organic butter  
Organic lard  
Small amounts of flax seed and  
sunflower seed

#### **Avoid:**

Hydrogenated and partially  
hydrogenated fats  
Highly processed oils  
Trans fatty acids  
Fried foods  
Canola, corn, soy and safflower oils  
Low fat products

### Carbohydrates

#### *Fast Metabolism*

10-20%  
1 serving  
4 servings  
1 serving

#### *Slow Metabolism*

30%  
2-3 servings  
4 servings  
3 servings

#### **Choose:**

Fresh, whole organic fruit  
Fresh, whole organic vegetables  
Starchy carbohydrates  
(organic grains, rice, potatoes)

#### **Avoid:**

Unsoaked grains  
Refined sugar/white flour products  
Refined/processed carbohydrates (cereal)

If it says  
It's  
“*Healthy*”

It's  
Probably  
**NOT**

Remember, if it's advertised,  
you probably shouldn't buy it.

**Always read the label.**

Here's a *short* list of what to avoid:

Monosodium glutamate (MSG),  
glutamate, glutamic acid, monopotassium glutamate

Soy, tofu, soy sauce, soy isolates, hydrolyzed soy  
protein, hydrolyzed protein, hydrolyzed corn gluten,

Textured protein, whey protein concentrate, protease,  
protease enzymes, anything protein fortified,  
anything enzyme modified

“Stock”, bullion, yeast nutrient, yeast extract, yeast  
food, autolyzed yeast, gelatin

Propylene glycol, sodium alginate, sodium aluminum,  
calcium sulfate, sodium lauryl, potassium sorbate,  
polysorbate, sulfur dioxide, potassium inosinate,  
disodium guanylate

nitrites, sodium benzoate, sodium caseinate,  
calcium caseinate, carrageenan, citric acid, BHT

Artificial colorings or flavorings, “natural” colorings  
and flavorings, natural chicken, pork, beef, or vegetable  
flavoring and broths

Corn syrup, corn syrup solids, high-fructose corn  
syrup

Splenda, sucralose, aspartame,  
Nutrasweet, sorbitol, malitol, xylitol, saccharine

Sugar, maltose, dextrose, fructose, maltodextrin, malt  
extract, barley malt, refined honey

## Getting Started

Go slowly. Practice the 80/20 rule—do it right 80 percent of the time and give yourself a break 20 percent of the time. Change a few things a week or acquire one new cooking skill. Doing too much at once will only overwhelm you. Some easy changes are:

### *Eliminate:*

- Tap water
- Table salt
- Margarine, shortening, refined oils
- Pasteurized dairy products
- Refined flour
- Refined sugar
- White rice
- Breakfast cereal
- Soda pop
- Packaged snacks
- Commercial condiments
- Battery raised eggs
- Grain fed meats

### *Switch to:*

- Filtered water
- Celtic sea salt
- Butter, coconut oil, lard for cooking
- Raw and cultured dairy products
- Whole grain flour, soaked or sprouted
- Rapadura, raw honey, maple syrup
- Brown rice/wild rice
- Soaked oatmeal recipes
- Kombucha or kefir sodas
- Whole food snacks (veggies, yogurt)
- Homemade lacto fermented condiments
- Free range eggs
- Free range meats

### *Next learn to make:*

- Cultured dairy foods
  - Yogurt
  - Whey

- Bone Broth
  - Chicken
  - Beef

- Lacto-fermented foods
  - Condiments
  - Fruits & veggies

- Soaked nuts, grains, & legumes
  - Crispy nuts
  - Basic Rice
  - Basic Beans
  - Oatmeal, granola, oatmeal bars

**Weekly**—weekly menu planning will help with advanced preparations, soak oatmeal

**Monthly**—prepare broths, large batches of rice and beans, soak and dry nuts, replace condiments, kefir, kombucha, yogurt, crispy nuts as supply gets low

**Seasonally**—dehydrated, freeze, or can (lacto ferment) organic produce when available and cheaper

**Yearly**—buy meat in bulk for better price and selection

Buy non-perishables in bulk to save money: rice, oats, nuts (freeze), beans, flour (freeze), canned tomato paste or sauce (Check *Azure Standard* for good bulk pricing)

Check Costco and local stores for bargains in organic produce and wild seafood

## Beginning Grocery List

### STAPLES

*Organic*

Raw apple cider vinegar  
Sprouted grain bread/buns  
Organic brown rice  
Capers  
Organic cocoa powder  
Coconut oil  
Shredded coconut  
Bubbies dill pickles  
Fish sauce  
Dried navy beans  
Raw nuts  
Oatmeal  
Extra virgin olive oil  
Organic tomato paste  
Organic diced tomatoes  
Organic peanut butter  
Pumpkin seeds  
Rapadura or Sucanat, agave or raw honey  
Organic prepared mustard  
Sprouted grain flour *or*  
Organic wholegrain spelt and wheat flours  
Celtic sea salt  
Tamari soy sauce  
No sugar fruit spread  
Expeller pressed sunflower seed oil

#### *Additional Items needed for MTH Recipes*

Flax seed oil  
Sesame seed oil  
Rice vinegar  
Balsamic vinegar  
Organic popcorn (NOT microwaveable)  
Tinkyada pastas  
Tomato juice  
Coconut milk  
Organic maple syrup  
Food 4 Life brown rice tortilla shells  
Flax seeds  
Soft wheat berries  
Raw buckwheat  
Frontier nutritional yeast  
Tabasco sauce

### MEAT & DAIRY

*Anti-biotic/hormone free*

Raw milk  
Raw cream  
Organic butter  
Full-fat cheese  
Free range eggs  
Free range beef  
Free range chicken  
Free range liver  
Beef soup bones  
Uncured bacon  
Uncured hot dogs  
Wild seafood  
Yogourmet yogurt starter

### SEASONINGS

*Organic Non-irradiated*

Bay leaves  
Cinnamon  
Cloves  
Garlic powder  
Dry mustard  
Onion powder  
Xanthum gum

#### *Additional Items needed for MTH Recipes*

Organic full-fat yogurt  
Crème fraise  
Fish bones  
Kefir grains  
Nutmeg  
Vanilla extract  
Curry powder  
Chili powder  
Cumin seeds  
Cardamom  
Horseradish  
Pepper  
Chinese five spice  
Cheyenne  
Star anise  
Baking soda  
Nutmeg  
Turmeric

### PRODUCE

*Organic*

Fresh basil  
Cabbage  
Carrots  
Chili peppers  
Fresh cilantro  
Onions  
Garlic  
Lemons  
Limes  
Fresh parsley  
Fresh thyme  
Tomatoes  
Raisins  
Red peppers

#### *Additional Items needed for MTH Recipes*

Apples  
Bananas  
Potatoes  
Celery  
Leeks  
Fresh pineapple  
Fresh Italian parsley  
Fresh ginger root  
Mushrooms  
Frozen organic/fresh berries  
Cherries  
Cucumbers  
Jicama  
Cauliflower  
Broccoli  
Mangoes  
Dried dates  
Sun-dried tomatoes  
Corn  
Assorted dried fruit

