

Traditional diets *maximized* nutrients while Modern diets *minimize* nutrients

TRADITIONAL DIETS

Foods from fertile soil
Organ meats over muscle meats
Animal fat
Animals on pasture
Dairy products raw and/or fermented
Grains and legumes soaked/fermented
Bone broths
Unrefined sweeteners
(honey, maple syrup)
Lacto-fermented vegetables
Lacto-fermented beverages
Unrefined salt
Natural vitamins in foods
Traditional Cooking
Traditional seeds/Open pollination

MODERN DIETS

Foods from depleted soil
Muscle meats, few organs
Vegetable oils
Animals in confinement
Dairy products pasteurized
Grains refined, extruded
MSG, artificial flavorings
Refined sweeteners
Canned vegetables
Modern soft drinks
Refined salt
Synthetic vitamins added
Microwave, Irradiation
Hybrid seeds, GMO seeds

The Weston A. Price Foundation®
for **Wise Traditions**
IN FOOD, FARMING, AND THE HEALING ARTS

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www.westonaprice.org & www.nourishingaustralia.org

First Foods

4 to 6 Months

- **Why not cereal?** – *Babies do not produce the enzymes to digest cereal – takes approx 28 mths for those big carb enzymes to start. But what they are producing in more abundance is – Lactase= to digest the Lactose, Protease & Hyd Acid to digest the fats in breast milk! Makes sense right?*
- **Wean with animal foods instead** - *Perfect for babies, stay away from the traditional high carb 1st food.*
- **Cooked egg yolk (with raw organic liver)**
Rich in cholesterol, choline & fat = Studies have shown that babies that eat these traditional foods grew at a slightly faster rate and were rarely sick, less ear infections and far less trouble sleeping.
- **Mashed banana** – *amylase to help baby digest food, perfect to start baby on.*
- **Start cod liver oil early!** *Babies will take it no problems. Get that Vit A & D , fantastic for brain development and Cod Liver Oil far out ways any fish oil – the best sources are Green Pastures Australia (the best)Melrose (not bad) – do not use Nordic Naturals.*

6 to 8 Months

- **Pureed meats**
- **Mashed avocado**
- **Fruits** – *pectin rich (berries) should be cooked first! They can be irritating to the digestive tract.*
- **Veggies** – *steamed and blended with butter (carrots, sweet potato and beetroot are best & make sure you use lots of BUTTER (not marg or Nuttlex or any spreadable butters) can add some Celtic Sea Salt - minerals*
- **Start introducing fermented foods here!** *This is so important, make lacto fermented beets, cabbage, carrots. Most babies like the taste & will get used to them. Lots of wonderful bacteria in these foods (more notes attached)Do not buy fermented foods if it contains additives or vinegar! Make your own, very easy.*

8 to 12 Months

- **As time goes by move up in variety & texture**
- **Creamed veg soups**
- **Stews**
- **Harder cheeses**
- **Finger foods (see recipe list)**

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1 Year and Over

- **Soak grains, nuts & seeds** = *without soaking these things can cause mineral depletion, bloating, constipation.*
- **Fermented foods like** *(Raw milk kefir with flavourings & Stevia) always serve fermented foods with every cooked meal!*
- **Nourishing Traditions recipes**



Making Baby Food easier!

- Steamer
- Food processor/blender
- Baking trays
- Snap lock freezer bags
- Pyrex glass storage containers

Cooking & Storage

- Cook, mash/blend & freeze in big batches

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What does this look like?

Breakfast – ½ cup soaked porridge with 1 egg yolk and 2 tbsp butter and 1 tsp raw honey, 1 cup fruit (berries) and 1 tsp Cod Liver Oil and 1 cup Cleo or Aphrodite Raw milk **OR** Kefir smoothie and sprouted grain bread with nut butter **OR** egg yolk pancake with shredded meat and dulse (could use any seaweed here), ½ cup fruit and a glass of real milk.

Lunch – 1 x Rissolle with fermented tomato sauce, ¼ cup of fermented sweet potato or sauerkraut, 1 cup real milk and some cheddar cheese **OR** Cream of Veg Soup with Crème Fraiche , ¼ cup lacto fermented veg, baked custard **OR** Empanada with chicken and cheese filling, ¼ cup lacto fermented veg & milk

Dinner – Baked fish with sautéed greens (butter) and pre soaked brown rice cooked in chicken broth and a little coconut cream.



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Dealing with the Fussy Eater

- Goes with toddler territory
- Relax
- Try, try and try again!
- Look at the week, not the day
- Try some tricks:
 - *Add variety to favourites*
 - *Give just a few bites at a time*
 - *Drink it*
 - *Make it fun and get creative (shapes, dips and spreads)*
 - *Try using fun names ie: instead of CLO try Happy Oil (it works for us)!*
 - *Broth, broth, broth & more broth = vital for nutrients*

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Quick-Reference Lunch Ideas

Breads	Spreads & Condiments	Fillings	Fruits (Dried and Fresh)	
<p>sandwich breads *sprouted grain * sourdough * rye Gluten Free (I have a great list) crackers lavosh bread pita bread tortillas</p> <p>Try to stick to Organic Sourdough if possible! Sprout your own grains and mill before making bread!</p>	<p>Butter Chicken liver pate almond butter apple butter avocado (mashed) banana (mashed) cheese (not low fat) cashew butter cream cheese goat cheese honey hummus chutney mayonnaise/mustard peanut butter pesto pizza or tomato sauce</p>	<p>carrots (shredded) cheese(cheddar, fetta, boc, brie) chicken sauerkraut ham turkey & cheese Chicken bacon melt chicken salad egg salad hard boiled egg nitrite-free bacon or sausage lettuce sliced -avocado sliced -cucumber smoked salmon sprouts ,tuna</p>	<p>apples apricots Asian pears avocado bananas blueberries cherries cranberries (dried) dates figs mango papaya pears prunes raisins</p>	<p>grapefruit grapes kiwi melon nectarines orange peaches pineapple plums raspberries strawberries tomatoes mandarins</p>

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Vegetables		Treats	Other	Other Grains
asparagus beets bell peppers bok choy broccoli Brussels sprouts cabbage carrots cauliflower celery cucumbers eggplant green beans green salad	lettuce mushrooms seaweed (nori, wakame, hijiki) snap peas spinach squash sweet potatoes yams zucchini	apple crisp applesauce baked chips with salsa dried fruit fruit bar fruit leather granola homemade cookies notes from home popcorn pretzels stickers trail mix vanilla yogurt with fruit	bean burrito cottage cheese with fruit garlic toast polenta with pizza sauce and cheese	pasta rice couscous oatmeal Bulgar Quinoa Buckwheat



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