

# Nutrition Principles



This food triangle shows how “we” used to eat before big pharma, big supermarket and the diet dictocrats decided to have a vested interest in you and your families’ health. There were animal foods in every diet, and the food was all nutrient dense - meaning it contained high levels of vitamins and minerals. Nutrient dense foods are seafood, organ meats, raw dairy, eggs and meat. Grains were properly prepared and kept to a minimum! Animals were pasture raised – not Grain fed.



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