

Dietary Trends From Our Ancestors

1. They ate the whole animal
2. They ate meat and saturated fat
3. They ate carbs all year round
4. They ate lots of calories
5. They ate a wide variety of animal products
6. They ate a wide variety of vegetables, but mainly cooked
7. Daily sugar consumption in the form of homemade desserts
8. They ate refined flour
9. They did not eat processed food out of a bag
10. Three meals a day was the norm

What was NOT part of their diets

Vegetable oils	Dairy free cheeses
Tofu	Oat milk and nut milks
High-fructose corn syrup	A lot of raw vegetables
GMOs and heavy pesticide exposure in food	Artificial sweeteners
Nuts and seeds in excess (instead, part of condiments or in sweets on occasion)	Flour fortified with iron (metal shavings, which was implemented in the 1940s)
Processed food	Heavy chicken consumption

What WAS part of their diets

A wide variety of meat	Dairy
Nose to tail (using all part of the animal)	Starches (well-cooked potatoes and unfortified, non-GMO, low pesticide laden grains)
Fruit	Cooked vegetables
Sugar	Daily desserts (made with butter, not vegetable oils)
Animal fat, full with fat soluble vitamins	

Let's dive in! And explore dietary trends from vintage cookbooks which can help reduce food fear and increase food awareness so that you can make more empowered dietary decisions that align with your intuition.