DO YOU EAT PRETTY WELL ?

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If you follow conventional dietary advise your diet may be falling short of what your body needs for optimum health. Comparing your diet to the principles followed by traditional cultures is a great way to see how your diet stacks up.

Are you ready for 20 questions? Compare what you typically eat to the list below.

This following list was reprinted from the book "Eat Fat, Lose Fat" by Dr. Mary Enig and Sally Fallon. I strongly recommend the book.

Principles of Healthy Traditional Diets

Eat whole**,** unprocessed foods.

Eat beef, lamb, game, organ meats, poultry, and eggs from pasture-fed animals.

Eat wild (not farm-raised) fish, shellfish, and fish roe from unpolluted waters.

Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, whole raw cheeses, and fresh and sour cream.

Use animal fats, especially butter, liberally.

Use traditional vegetable oils only—extra-virgin olive oil, expeller-pressed sesame oil, small amounts of expeller-pressed flax oil, and the tropical oils—coconut oil and palm oil.

Eat fresh fruits and vegetables—preferably organic—in salads and soups, or lightly steamed with butter.

Use whole grains, legumes, and nuts that have been prepared by soaking, sprouting, or sour leavening.

Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages, and condiments in your diet on a regular basis.

Prepare homemade meat stocks from the bones of chicken, beef, lamb, and fish and use liberally in soups, stews, and sauces.

Use filtered water for cooking and drinking.

Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.

Make your own salad dressing using raw vinegar and natural, traditional oils.

Use natural sweeteners in moderation, such as raw honey, maple syrup, date sugar, coconut sugar, dehydrated cane sugar juice (sold as Rapadura or sucanat), and stevia powder.

If you drink alcohol, use only unpasteurized wine or beer very moderately with meals.

Cook only in stainless-steel, cast-iron, glass, or good-quality enamel— don’t use aluminum cookware.

Do not use a microwave oven.

Use only natural, food-based supplements.

Get plenty of sleep, exercise, and natural light.

Think positive thoughts and practice forgiveness.

So, how does your diet stack up? Eating better can be a real challenge, but if you keep making small changes you can get there.

Don't try to do everything on the list all at once. Just pick one thing from the list and integrate it into your life. Once you have that under your belt, pick another item from the list. Remember, you have the rest of your life to get healthy. Take a small step in the right direction every day. Your body will thank you!