

# Wise Traditions

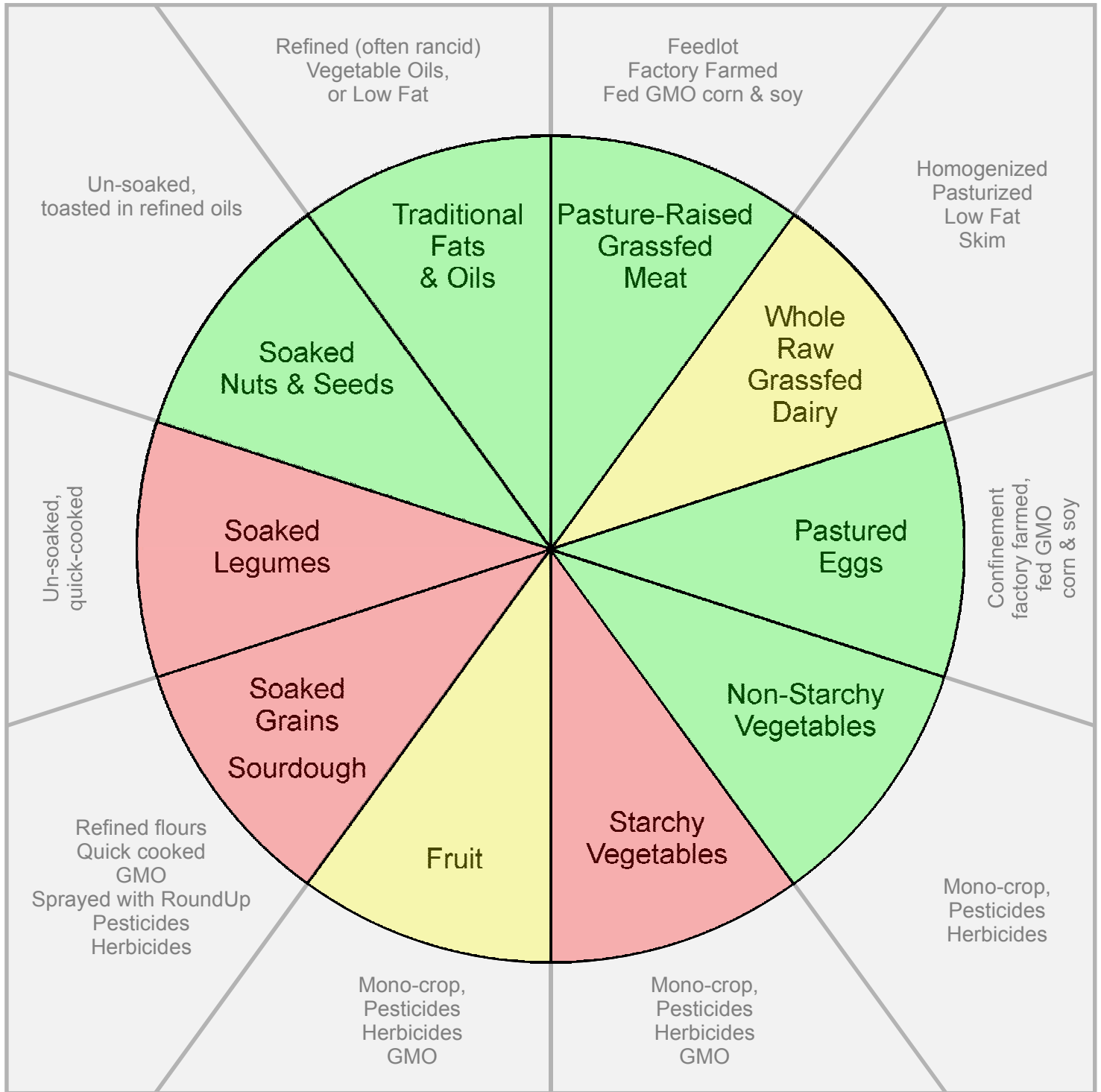
The Wise Traditions diet is a set of principles recommended by The Weston A. Price Foundation. The diet emphasizes fat-soluble vitamins, found in grass-fed and pasture-raised animal foods, the proper preparation of grains, nuts, seeds and legumes, unprocessed raw milk from grass-fed animals, and fruits and vegetables grown in mineral-rich soil. Traditional cultures took great care to prepare grains, nuts, seeds to ensure maximum nutrition and to neutralize naturally occurring anti-nutrients.



Eat Freely
  Some restrictions
  Avoid

# Wise Traditions/Keto

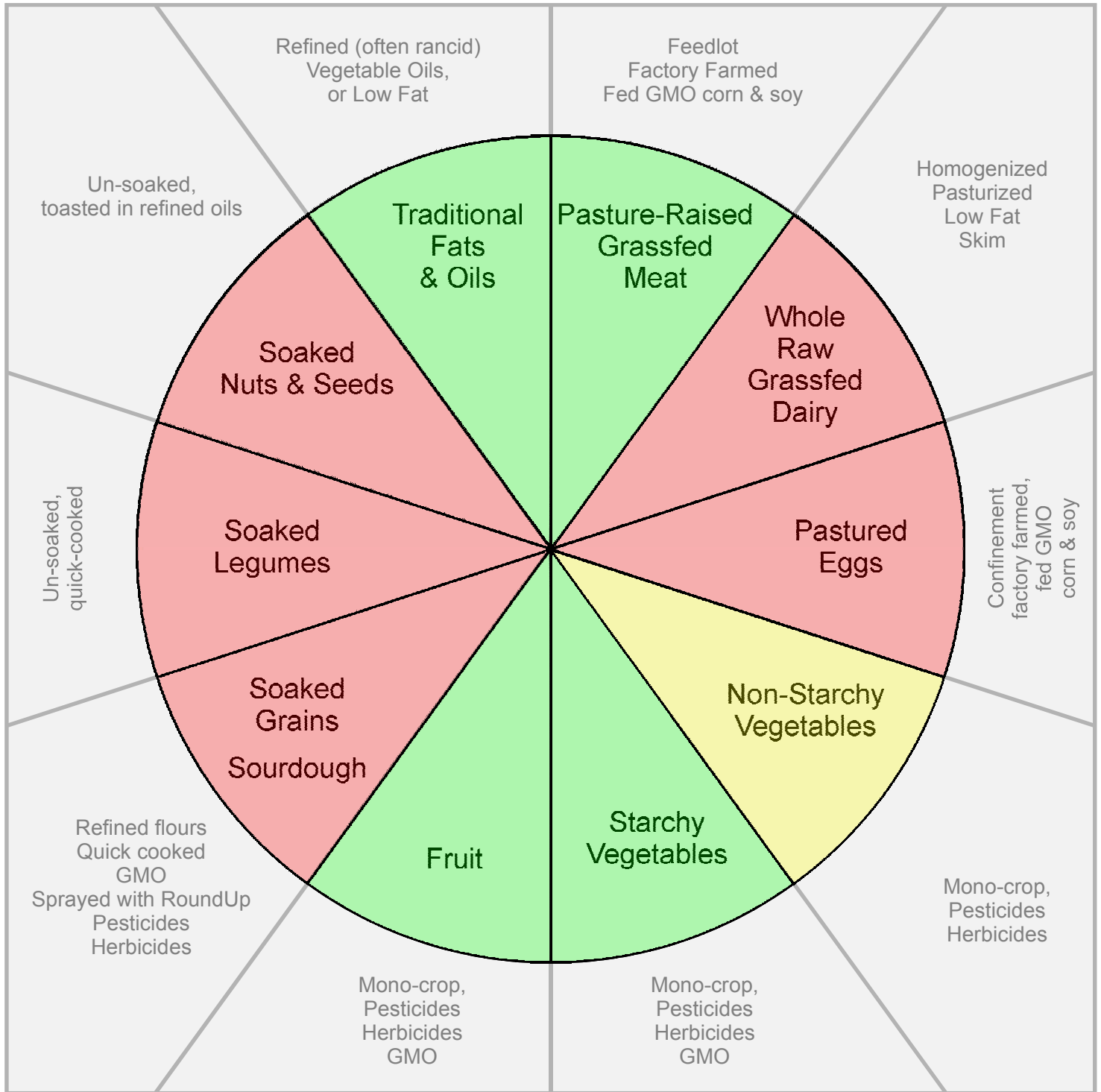
A Wise Traditions/Keto diet combines the keto diet with Wise Traditions principles. A ketogenic diet (or keto for short) is any diet that puts one into a state of nutritional ketosis, where the body is burning fat for fuel rather than glucose. The breakdown of fatty acids produces ketones which can also be used as a fuel by most cells of the body. A standard recommendation is to eat less than 20 grams of carbohydrates per day, 1 to 1.5 grams of protein per kg lean body mass, and fat to satiety. This generally reduces blood glucose and insulin into normal levels, which is particularly important for those who are insulin resistant.



■ Eat Freely   
 ■ Some restrictions   
 ■ Avoid

# Wise Traditions/AIP

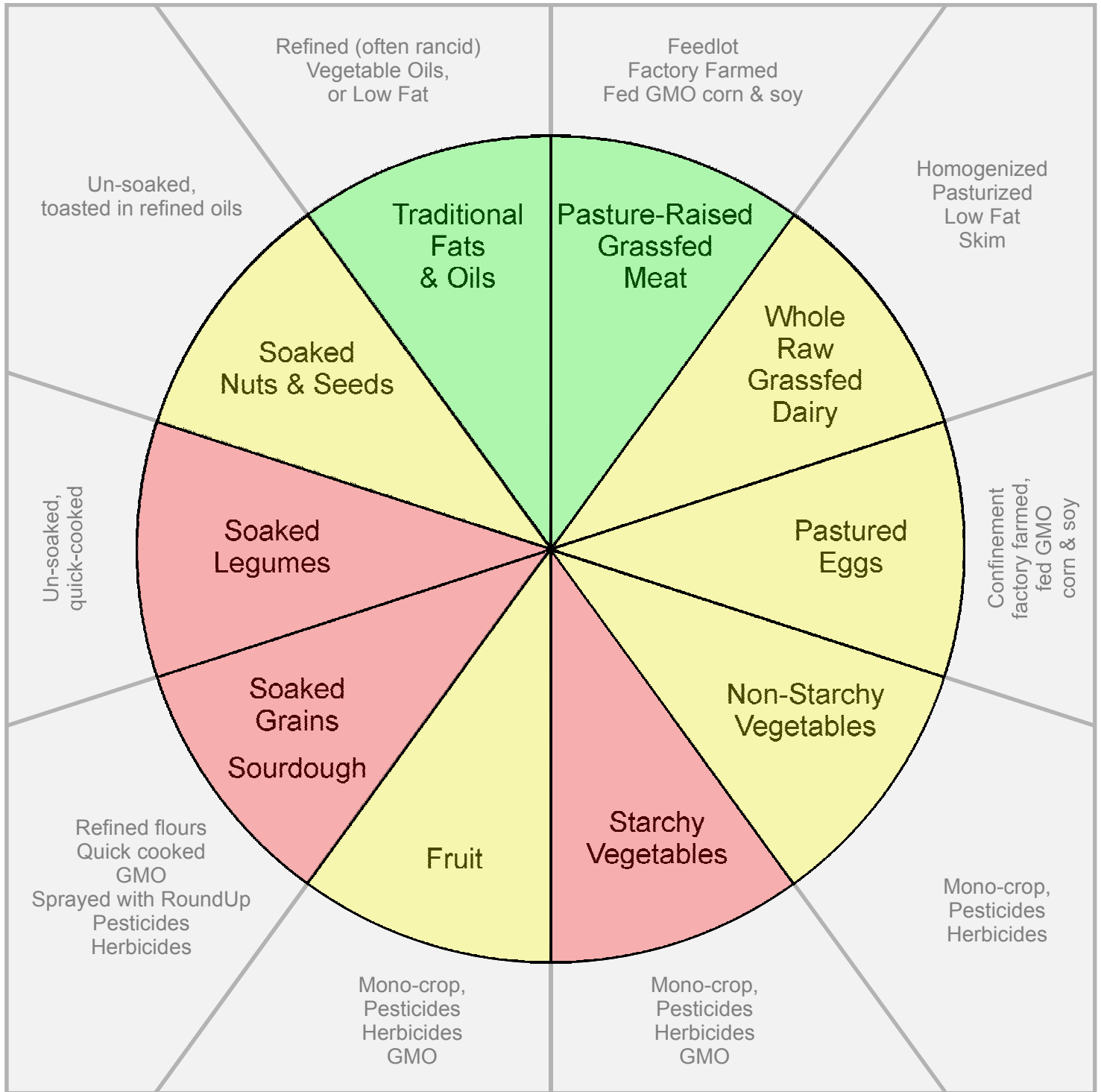
A Wise Traditions/AIP diet combines the AIP diet with Wise Traditions principles. The Auto Immune Protocol (or AIP or Paleo AIP for short) is a diet that removes foods that frequently cause autoimmune responses and gut inflammation.



Eat Freely
  Some restrictions
  Avoid

# Wise Traditions/GAPS

GAPS was designed to incorporate Wise Traditions principles. The Gut and Psychology Syndrome diet (or GAPS for short) was created by Dr. Natasha Campbell-McBride and is based on the Specific Carbohydrate Diet (SCD). It eliminates certain carbohydrates in order to allow the digestive system to rest and heal. It has an emphasis on foods that are easily digested and healing for the gut, with a particular emphasis on soups, bone broth and meat stocks for their healing qualities.



■ Eat Freely   
 ■ Some restrictions   
 ■ Avoid

## **Fats & Oils:**

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Wise Traditions: Consume animal fats and dairy fats liberally. No industrial oils (corn, soy, canola, etc); Olive oil and coconut oil allowed, but the diet needs to also include liberal amounts of animal fats.

Keto: Fats should be the majority of the calories in the diet. Consume animal fats and dairy fats liberally. Olive oil and coconut oil allowed and encouraged. No industrial oils (corn, soy, canola, etc)

AIP: No industrial oils (corn, soy, canola, etc). Avocados, coconut, fatty fish, pastured, grass-fed animal fats, olives.

GAPS: Coconut & olive oils, fats from meats and poultry.

## **Nuts and Seeds:**

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Wise Traditions: Good to include in the diet after careful preparation to neutralize anti-nutrients.

Keto: Nuts are great, just don't go overboard.

AIP: Avoid nuts and seeds, see specific lists for spices.

GAPS: Introduce after removal.

## **Legumes:**

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Wise Traditions: Should be included in the diet; need proper preparation to neutralize anti-nutrients. Legumes are consumed as a major source of calories by many healthy traditional cultures throughout the world.

Keto & AIP: Avoid legumes

GAPS: Avoid legumes except for certain exceptions.

## **Grains:**

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Wise Traditions: Recommended on the observation that many healthy primitive and traditional peoples included grain in their diets; need to be properly prepared to neutralize anti-nutrients and improve digestibility. Individuals who have trouble with grains may be able to eat them (properly prepared) after following the GAPS (Gut and Psychology Syndrome) protocol

Keto, AIP & GAPS: Avoid grains

## **Fruit:**

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Wise Raw or cooked, some fruits more digestible when cooked; add fat (butter or cream) or consume in the context of a meal containing fat.

Keto: Avoid high sugar fruits. Limited low sugar fruits such as berries. Include fatty fruits such as avocado, coconut and olives.

AIP: Raw or cooked

GAPS: Specific fruits allowed.

## **Meat, Fish, Poultry:**

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Wise Traditions: Eat the whole animal, including the meat, fat, organ meats, bones, cartilage and skin (poultry, pork). Should be pasture-raised for higher levels of minerals, and vitamins, especially fat-soluble vitamins and minimal hormones, antibiotics and other harmful chemicals; always eat meat with the fat. If the meat is lean, prepare it with added fat. Organ meats are more important than muscle meats, should be consumed frequently

Keto: All meats are allowed and encouraged. Should be consumed with the fat. There are a few people trying vegetarian keto, but most consider fatty meat to be essential. Organ meats, skin and bone broth are allowed and encouraged in some circles.

AIP: Quality meats (Pastured, grass-fed, organic). Organ meat and oīal. Fish and shellfish (Wild is best). Glycine-rich foods, connective tissue, joints, organ meats.

GAPS: All meats allowed. Start cooked in soups and stews. Add roasted meat after some healing has occurred.

## **Dairy:**

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Wise Traditions: Raw, whole, full-fat, grass-fed.

Keto: high fat dairy, butter, ghee, heavy cream, cheese, cream cheese, unsweetened yogurt. Avoid skim milk.

AIP: Avoid dairy

GAPS: Follow specific instructions and introduce slowly after removal. Start with a small amount of ghee.

## **Eggs:**

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Wise Traditions: Preferably pastured-raised; emphasis on egg yolks rather than egg whites.

Keto: Eggs of all kinds, whole and yolks encouraged.

AIP: Avoid eggs, especially the whites.

GAPS: Introduce yolks first after removal.

## **Vegetables (non-starchy):**

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Wise Traditions: Raw or cooked, always with added fat.

Keto: Leafy green and non-starchy vegetables encouraged. Raw or cooked, always with added fat.

AIP: Vegetables of all kinds, except for nightshades. and algae (e.g. Chlorella, Spirulina).

GAPS: Selected vegetables allowed. Gently cooked at first. Introduce raw after removal.

## **Vegetables (starchy):**

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Wise Traditions: Can be included in the diet. Should be well cooked and consumed with a fat, like butter.

Keto & GAPS: Avoid high starch vegetables

AIP: Raw or cooked. Avoid potato.