



STAMFORD CENTER FOR NATURAL HEALTH
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STAPLES OF A HEALTHY DIET

The staples of a healthy diet as outlined in the studies of Weston A. Price in the book, Nutrition and Physical Degeneration (www.westonaprice.org) are:

MEAT: organic, free range chicken, turkey, eggs, pork
Grass-fed, grass-finished beef – Hardwick’s Ranch available at Mrs. Greens,
www.eatwild.org, Whole Foods, Fairway Market, Stew Leonard’s
www.texasgrassfedbeef.com
www.stuartfamilyfarms.com in Bridgewater, CT
<http://chapters.westonaprice.org/fairfieldcountycvt/local-farms/>

WILD-Caught Fish: salmon, cod, halibut, etc. Avoid tuna, swordfish due to high mercury levels.
www.vitalchoice.org

FAT: avocados, olive and coconut oils, bacon (yes, bacon!! But always organic/pastured and in moderation!!), if not sensitive to dairy, grass-fed butter. Kerry Gold is a good brand.

VEGGIES: All veggies, except corn and potato. Sweet potatoes and yams are generally ok. Ex: kale, spinach, carrots, cauliflower, broccoli, etc.

FRUIT: In-between meals only and not to start the day off

Other informative websites:

www.ppnf.org
www.mercola.com

Book: “The Primal Blueprint” by Mark Sisson available through Amazon for electronic download or paper book. He also offers a great cookbook, “Quick and Easy Primal Meals in Under 30 Minutes”. “Primal Cravings” cookbook, Caveman Feast app
www.Grassfedgirl.com – check out her facebook page, www.nourishedkitchen.com
Counter-top water purifier: 10-stage New Wave Enviro available on-line at
www.egeneralmedical.com or www.amazon.com