

# MODERN

INDUSTRIAL

# TRADITIONAL

AGRICULTURAL TO PRE-INDUSTRIAL

# PRIMAL

EARLY HOMINID TO PRE-AGRICULTURAL

## ANIMAL-BASED

### PROTEIN

poultry\*, eggs  
beef\*, pork\*  
fish\* & seafood  
dairy (milk, cheese, yogurt, cottage cheese, etc. — pasteurized, processed)  
processed meats & fish  
protein powders & bars

*\*mostly lean muscle cuts*

## PLANT-BASED

### PROTEIN

tofu\*, tempeh\*  
meat substitutes (e.g. Tofurkey)  
protein powders & bars

*\*industrially processed*

## ANIMAL-BASED

### PROTEIN

poultry\*, eggs  
beef\*, pork\*  
fish\* & seafood  
dairy (raw, fermented, unpasteurized, full-fat)  
game & small animals:  
insects, reptiles, etc.

*\*entire animal incl. organs, bones, connective tissues, etc.*

## PLANT-BASED

### PROTEIN

tofu\*, tempeh\*, natto\*

*\*traditional fermentation*

## ANIMAL-BASED

### PROTEIN

eggs  
any land animal\* (large game & small animals: insects, reptiles, etc.)  
any marine animal\*

*\*entire animal: organs, bones, connective tissues, etc.*

## CARBS & GRAINS

bread, baked goods  
pasta, noodles (white flour)  
potatoes (usually fried)  
refined grains (e.g. white rice, white flour)  
sweet corn  
refined cereals  
refined sugar  
soda, juices

## VEG & FRUITS

fresh fruit, canned & dried fruit (processed)  
veggies minimal: often processed (e.g. frozen, fried)

## FATS

margarine & cooking spray  
processed cooking oils  
processed nuts  
trans fats  
fatty processed meats

## BEANS/LEGUMES

peanut butter  
soy in refined foods  
processed beans (e.g. re-fried beans, canned beans)

## CARBS & GRAINS

fermented, often unleavened breads  
pasta, noodles (whole grain)  
tubers (potatoes, yams, cassava, taro, etc.)  
prepared grains - fermented, soaked, sprouted, ash-treated, etc.  
honey, sap, nectar

## VEG & FRUITS

fresh fruit (in season), air-dried fruit  
fresh & fermented veggies & seaweed  
mushrooms, lichen (in season)

## FATS

butter & cream  
lard & other animal fats (e.g. blubber)  
raw nuts & seeds  
avocados, coconut  
olives  
fatty meats & fish

## BEANS/LEGUMES

fermented (esp. soy)  
soaked, sprouted

## CARBS

tubers & starchy roots  
honey, sap, nectar

## VEG & FRUITS

fresh, non-sweet fruit (in season)  
fresh veggies, leaves, stems, shoots, flowers & seaweed  
mushrooms, lichen (in season)

## FATS

raw nuts & seeds  
avocados  
coconut  
olives  
fatty meats & fish

Note that plant-based proteins also include beans/legumes, grains, nuts/seeds, plus trace amounts in vegetables/fruits. These are mostly included in their respective sections.

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## FOOD FORMAT

processed, refined  
packaged, takeout  
factory-farmed, industrially processed with pesticides and petroleum fertilizers  
high volume, cheap, fast  
year-round availability  
monoculture and standardization, GMO

## FOOD HABITS

eating alone  
eating while doing other things  
food is done when plate is empty  
eater always has abundance  
food governed by taste and "food rules" - nutrient-based approach  
no connection between food & origins

## FOOD CONTEXT

food as for-profit commodity  
food as emotional outlet

## FOOD FORMAT

unprocessed  
preserved by drying, fermenting, smoking, salting, pickling  
home or locally produced; "organic"  
low volume, slow  
breeding to improve flavour and size/yield  
seasonal availability  
biodiversity and selective breeding, preservation of heirloom, region-specific varieties

## FOOD HABITS

eating with others  
eating as the sole activity  
food is done when eater is full  
eater often goes hungry  
food governed by tradition and availability - holistic approach  
connection between food & origins; usually practical

## FOOD CONTEXT

food as sustenance; occasional surplus  
food as payment/currency

## FOOD FORMAT

unprocessed  
preserved by drying or smoking  
locally hunted & gathered  
low volume, slow  
less sweet, smaller  
seasonal availability  
biodiversity, region-specific varieties

## FOOD HABITS

eating with others  
eating as the sole activity  
food is done when eater is full  
eater often goes hungry  
food governed by availability - opportunistic approach  
connection between food & origins; often mystical or symbolic

## FOOD CONTEXT

food as sustenance; occasional surplus  
food as group bonding/exchange

## THE CONTINUUM

**Eat on a continuum from "more processed" to "less processed"**. Don't get bogged down in the details or "all-or-nothing" thinking.

Focus not just on WHAT you eat, but HOW you eat, and WHY. Take a holistic perspective. Remember the big picture.

Find the choices YOU are willing and able to make. You're perfectly welcome to pick and choose from each style of eating.

However: **The farther away you get from the modern diet, the healthier you'll probably be — physically, emotionally, and mentally.** And the more connected you'll be to other people and your food's origins.

Transition slowly away from more processed choices, step by step.

## NOTES

There is no specific time period defined for each type of diet, as introduction of modern foods and methods varied by region.

Technology, food production methods, and general approach to eating determine whether a diet is "primal", "traditional" or "modern".

These dietary categories are *concepts*, *general tendencies*, and *approaches* only. Not rules. Not labels. Not "perfect" definitions.

Until the modern age, eating and food choice was *almost always* region-specific and varied according to local climate, season, ecosystem, and biodiversity.