



## 100 Year Guide

*While we have to live in our modern world, we use the 100 year rule as a guide for making healthy food choices. Choose health. Live health. Enjoy health.*

Simply consider your foods and ask “Would this food have made sense 100 years ago?”

- Simply... did it exist 100 years ago?
- Would your Great Grandmother have eaten this food?
- Can you picture the food growing in nature?
- What kind of processing does it take for this food to make it to my plate?

100 years ago: This roughly represents a time before the widespread existence of processed foods and industrialized food practices. Over the years since, we’ve tried lots of interesting things with our foods. Without advancing any agendas, I will offer the oversimplified view that many of our foods have been manipulated to improve them by some measurement or another along the various aspects of their growth, production, distribution, preservation, and ultimate appeal or value. It seems like good business but along the way we’ve essentially invented many new foods and food-like substances that are at best marginally foreign and at worst, completely alien representations of their former selves.

Among other things, we did manage to create foods that never spoil and now we can splice fish genes with corn. While we could marvel in these feats of technology... I will argue heartedly that these advances have not truly improved food but have, in fact, significantly diminished their health benefit, even made some harmful. It is this invented and broadly accessible diet that is so central to the most common chronic diseases of our time.

The 100 Year rule is more about perspective than absolutes. We won’t try to identify the one or two most negatively influential “advances” but instead must present that it’s the interplay of the total burden that adds up.



## **Some 100 Year Rule Standouts**

*This is about perception, not perfection so start with these. Do what makes sense to you and works in your life, or perhaps take these and go even farther.*

### **Fruits and Veggies**

Buy fresh, local and seasonal... traditionally preserved fruits and veggies... frozen veggies on hand as a backup.

- Fruits and vegetables were grown in vital soils, delivered fresh, locally, and seasonally after ripening on the plant.
- Preservation was primarily by natural fermentation and we consumed a fair amount of fermented foods.
- Juices were made fresh (not from concentrate or frozen) with no enriching, additives or preservatives.

### **Fats and Oils**

Avoid foods labeled low fat, lite, fat free or similar. Avoid highly processed fats like canola, corn, soy, peanut, safflower and margarine. Avoid fat alternatives/substitutes. Bring butter (in moderation) back into the diet.

- Fats were found naturally in foods with no offerings of fat-free, low-fat or such.
- These were high commodity components of food and were used sparingly but completely.
- Fats were “clean” - free from foreign chemical and toxin residues.
- Machine-processed vegetable oil concentrates (soy, corn, canola, safflower, etc.), hydrogenated fats and fat substitutes did not exist.

### **Animal Proteins**

Opt for local, organic, free-range, pasture-raised, hormone-free, and wild-caught (or any combination) eggs, fish, meats and poultry.

- Meats were naturally hormone-free, free-roaming, organic and were not hyper-immunized.
- The mass produced, industrial feedlot farms did not exist.
- Animals ate the natural foods they were accustomed to eating.
- Meats were higher commodity and we did not eat them with every meal. Portions were likely smaller.
- We used and ate every part of the animal for its unique qualities and health benefits.

## **Breads and Grains**

If you can tolerate wheat, choose a sourdough bread that has been traditionally made with naturally occurring yeast. All breads should be eaten in moderation. Opt for whole grains made from scratch and limit processed grain products.

- Breads were made without yeast or through traditionally fermented yeast starters. Commercial quick-rise yeasts did not exist.
- Grains were whole, unaltered except by stone grinding. Bleached, refined, instant and enriched grains (and the products made from them) did not exist.
- Breads were made fresh without additives or preservatives.
- Crackers, cereals and chips as we know them today, did not really exist.

## **Sugar and Sweeteners**

Avoid processed sugars and opt for sorghum, coconut sugar, local honey and maple syrup. Liquid stevia is an option for those with blood sugar issues. All forms of sugar in moderation.

- 100 years ago – We consumed about 10lbs. per person per year. Currently we average about 140 pounds per person per year.
- The only concentrated forms of sugar available were Cane sugar, sorghum, honey, molasses and maple syrup.
- Highly processed sweeteners like refined white sugar, corn syrup, agave, stevia and other artificial sweeteners did not exist.

## **Herbs, Spices, Seasonings**

Be creative and add these highly nutrient-dense seasonings in your cooking to enhance the benefits and flavor of your foods. Salts should be unrefined. Vinegars should be raw, unfiltered. Season foods yourself and avoid pre-seasoned foods.

## **Drinks**

Drink water. Consume fresh, unprocessed drinks.

- Drinks were fresh, and unprocessed.
- Room temperature was likely most common.
- Teas were a mainstay... herbal, white, green and black.
- High fructose corn syrup did not exist.
- Fresh water was essential.

We worked hard, made food from fresh, local, seasonal, organic ingredients and we ate everything, but in moderation. So, take the time to consider the healthfulness of newer, non-traditional foods as well as newer production practices like plastics, microwaves, irradiation and such.