

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.