

Where does Sue Gregg stand on *Nourishing Traditions*?

Long before *Nourishing Traditions* appeared on the market I read and embraced *Nutrition & Physical Degeneration* by Weston A. Price. That was 30 years ago. I considered it a classic for the advocacy of whole foods. However, given the tenor of the nutritional community at that time, I did not adopt Price's whole dairy products approach. Low fat was in. In fact one company wanted to commission me to write recipes at 10% or lower of the calorie level. So I pegged my recipes and menus to average out at about 30% fat or lower using low fat dairy products in the *Sue Gregg Cookbooks*.

When *Nourishing Traditions* was published, it provided me with the encouragement against the "nutrition dictocrats" that I needed. I recognized that God Himself created dairy products with a synergistic balance of nutrients, which requires the resident fat levels for their full assimilation. Thus, I am now returning to this approach and have been updating all our books accordingly. In the meantime, we offer our *Talking Food Pages* article, "Ingredient Updates" available on our website.

In addition to whole dairy products, we are updating all recipes to follow proper preparation methods of grains, either soaking, sprouting or fermenting, and the soaking of legumes, nuts and seeds. We are also including coconut oil and excluding any unfermented soy ingredients and fructose. All of these updates have already been included in our latest book, *An Introduction to Whole Grain Baking* accompanied with a PowerPoint Demonstration CD. Currently *Breakfasts* is in the process of being updated. The 5th edition of *Meals in Minutes* has been updated for some time, as well as our *Taste & Tell Recipe Sampler*.

Many of the things advocated in *Nourishing Traditions* we were already doing for 30 years (e.g. advocating a safe source of raw milk, giving cautions for vegetarian diets - though providing options for them, including all food groups, including meat, fish and dairy, etc.)

One concern that I do have in approaching *Nourishing Traditions* is the discussion of carbohydrate, protein and fat balance. On page 58 of *Nourishing Traditions*, the balance of traditional healthy diets is given as 40% carbohydrate, 20% protein, 40% fat. However, none of the recipes or menus in *Nourishing Traditions*, at least not in the edition I possess, include this data. Therefore, while updating *Meals in Minutes*, I did a nutritional data calculation on three different types of menus given in *Nourishing Traditions*. a fish-based meal, a meat-stretcher meal, and a bean dish meal. These three meals averaged per meal: 1,037 Calories, 33% carbohydrate, 16% protein, 51% fat. I would not conclude that *Nourishing Traditions* has given poorly balanced menus (although the calorie level is quite high for once meal!). On the contrary, I would conclude that, given inclusion of whole foods that include plenty of fat, the 40% - 20% - 40% is an idealistic unreality in many cases. I did my best with the menus in *Meals in Menus* to come much closer to this ideal than *Nourishing Traditions* itself does. In future updates, we will continue to value this ideal balance and do what we can to include menus approximating it. However, as I am now calculating new breakfast menus, I am finding the 40% carbohydrate or less is only possible with an egg breakfast, or a breakfast that includes meat. This narrows the variety down considerably and I do not think that is appropriate. I am also finding that higher protein meals means necessarily higher fat - more in the 50% range. This will scare many people away who do not understand the nutritional role of quality fats in the diet. *Nourishing Traditions* is doing a marvelous service in bringing the role of fat to public attention. It is badly needed. I also consider this: By the very nature of our whole food resources designed by the Creator, there is far greater carbohydrate variety and far more fat in our protein sources than current nutritional trends are willing to accept.

In updating our books, the recipes are essentially the same, with modifications in selected ingredients and in the processing of the grains, beans, nuts and seeds. A primary difference between our books and *Nourishing Traditions* is in our selection of tasty recipes and ingredients that are less complicated, and in the organization of our books for convenience and simplicity of following them. In future editions we will also give additional focus to weight management within the context of tasty family-focused variety.

The most repeated concern expressed to me from emails of cooks attempting to adopt *Nourishing Traditions* is that the recipes pose quite a challenge. That's where my role comes in. I specialize in converting worthy nutritional concepts into do-able recipes.

Our approach has always been to use quality ingredients in tasty recipes and menus. Our strength and bottom line is taste. The changes we are updating have not changed that. Choose any recipe you desire, and if it calls for a low fat dairy product, just substitute a quality whole dairy product. If you want to switch from olive oil to coconut oil, do so, etc. It isn't very complicated.

Sue Gregg, June 27, 2007