

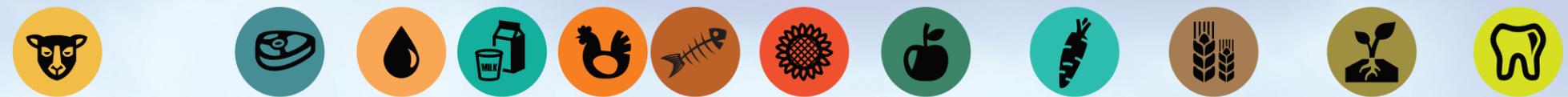


Dr. Price's Tribal Food AND Cavity Chart

10 YEARS, 14 TRIBES

COLOR KEY:

- Isolated Diet
- Modernized Diet
- Fermented
- Dried
- Frozen & Dried
- Cultured or Clabbered



Tribes	Fish/Meat/Poultry	Organ Meats	Fats	Dairy	Eggs	Bones & Broth	Nuts & Seeds	Fruit	Vegetables	Grains	Other Foods	% of Cavities
African Tribes	Cattle, Goat, Large-winged Ants & Insects, Ants, Ant Pie, Insect Pudding, Flies, Fish, Elephant, Fish carried inland and Fresh Water Fish, Locusts	Fish Eggs, Insect Eggs, Ant Eggs, Liver, Sex glands of Male Animals eaten by men		Cattle, Goat & Camel Milk and Dairy Products				Various, including many varieties of Bananas	Sweet Potatoes, Beans, Corn, Water Hyacinth (ashes)	Fresh Ground Grains, Kafir Corn (Indian Millet), Millet, Maize, Linga Linga (quinoa), Locust flour	Blood (cattle), Fibrin (protein component of blood), Salt from visitors, Clay for digestion	0.2%
								Canned	Canned	Polished Rice	White Flour Products, Sugar	6.8%
Amazon Jungle Indians	Fish, Other Animal Life from Streams and Bush, Birds, Water Fowl				Eggs		Various	Tropical, including Bananas	Vegetables, Wild Plants, Yucca (Not the North American plant)			0%
	Reduced Animal Foods							Canned	Canned	Polished Rice	Refined Flour Products, Sugar, Sweetened Goods	40%+
Australia Aborigines	Marsupials: Kangaroos & Wallabies, Wild Animal Life, Insects, Rodents, Grubs, Water Birds, Sea Foods: Fish, Dugong (sea cow), Shellfish	All edible parts of Animals, including the walls of the viscera and internal organs.			Bird's Eggs		Seeds, Grass Seeds	Bananas	Sea Plants, Plant Life (Roots, Stems, Berries, Native Pea)		Clay, for digestion	0%
											Not specified	70.9%
Coastal Peruvians	Sea Foods, Angelote Fish, Land Animals	Angelote Fish Glands (eaten by the men), Fish Eggs			Eggs		From Plants, Vegetables, and Trees	Various	Various including Corn, Beans, Squash			0.04%
												40%+
Eskimos	Seal Meat, Salmon, Salmon, Other Fish, Fish, and Frozen Fish, Caribou	Whale Skin, Fish Organs, Caribou Organs, Salmon & other Fish Eggs	Seal Oil				Ground Nuts Seeds	Berries, including Cranberries	Greens, Kelp, Flower Blossoms & Sorrell Grass preserved in Seal Oil, Water Grasses, Plants, and Bulbs			0.09%
											Not specified	13%
Gaelics (Gaels)	Lobster, Crabs, Oysters, Clams, Cod and other Fish	Heads, Livers, Eggs, and other organs of Fish		Dairy, limited					Vegetables, limited in season, Marine Plants	Oats as oatmeal and oatcake, and a little Barley		1.20%
	Fish w/o livers	Fish eggs			Eggs			Canned Marmalades, Sweetened Juices, Jams	Canned	Oats, White flour	Angel Food Cake, White Flour Products, Confections, Coffee, Chocolate	30%
High Andes Peruvians	Llama, Alpaca, Vicuna, Deer, Birds, Land Animals, Guinea Pigs, Fish, Cow, Horse, Pigs, fresh water Clams, Small Animals	Fish Eggs, Fish Eggs				Guinea Pig Stew		Fruits, including Bananas	Potatoes, Beans, Kelp, Yucca, Corn	Quinoa Cereal, roasted	Clay, for digestion	0%
								Canned	Canned	Polished Rice	Refined Flour Products, Sugar, Sweetened Foods	40%+
Melanesians	Coconut Crabs, Spider Crab, Lobster Crab, Fish, Other Sea Animal, Wild Pig, Fresh Water Fish		Coconut Cream, Coconut Oil (on skin)				Coconut, Copra	Various Fruits	Taro Root, Taro Leaves			0.38%
								Canned	Canned	Polished Rice	White Flour Products, Sugar	29%
New Zealand Maori	Sea Foods: Lobster, Shellfish, Sea and Fresh Water Clams, Mutton Birds (sea birds) Land Birds, Abalone, Mollusk, Grubs			Dairy Products	Bird's Eggs		From Plants, Vegetables, and Trees	Various, in abundance	Kelp, Fern Root, Sea Weeds, and others in abundance			0.09%
								Canned	Canned		White Flour Products, Sweetened Goods, Syrup	20.6%
Northern Indians	Caribou, Moose, Deer, Wild Game, Bear, Mountain goat, Oolachan, Salmon, Salmon, Fish, Fish	Caribou & Moose Organs, Moose Liver, Fish Eggs, Fish Eggs, Milt	Oolachan Fish Oil	Cow Milk		Bones, cracked for marrow	Limited	Cranberries	Vegetables, some, Seaweed, Kelp	Wheat Cereal	Tree bark and buds, Spruce Tree shoots tea, Clay for digestion	0.16%
			Commercial Vegetable Fats					Jams, Marmalades	Potatoes and Other Various Canned or stewed	White Bread	White Flour Products, Syrup, Sugar, Sweetened Goods, Confections, Pastries	21.5%
Polynesians	Hard & Soft-shelled Sea Foods, Octopus, Sea Crab, Beche-de-Mere (sea cucumber)		Coconut Cream				Coconut, Copra	Various, including Breadfruit	Variety, Taro Leaves, Taro Root, Poi (Fermented Taro)			0.32%
								Canned	Canned	White Flour, Polished Rice	White Flour Products, Sugar, Sugar Products, Syrup	21.9%
Seminole Indians											Not specified	4%
											Not specified	40%
Swiss	Sheep, Goat, Cow		Butter Cream	Cow Milk, Goat Milk, Cheese		Usually Sheep		Wine (Grapes in varying stages of fermentation)	Potatoes, Greens, limited	Rye, freshly ground before baking and as roasted cereal, Oatmeal porridge	Sea Salt, imported	4.60%
				Limited Dairy, Sweetened chocolate milk				Sweetened jams & jellies		White flour	White Flour Products, Sugar, Syrup, Chocolate	29.80%
Torres Straight Islanders	Large and Small Fish, Dugong (sea cow), Shell Fish					Fish Head Soup	Coconut, Copra	Bananas, Papayas, Pawpaw, Plums, and others	Plant Roots, Greens, Taro Root, Taro Leaves, Pumpkin			0.01%
								Canned	Canned	Polished Rice	White Flour Products, Sugar	55.3%

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