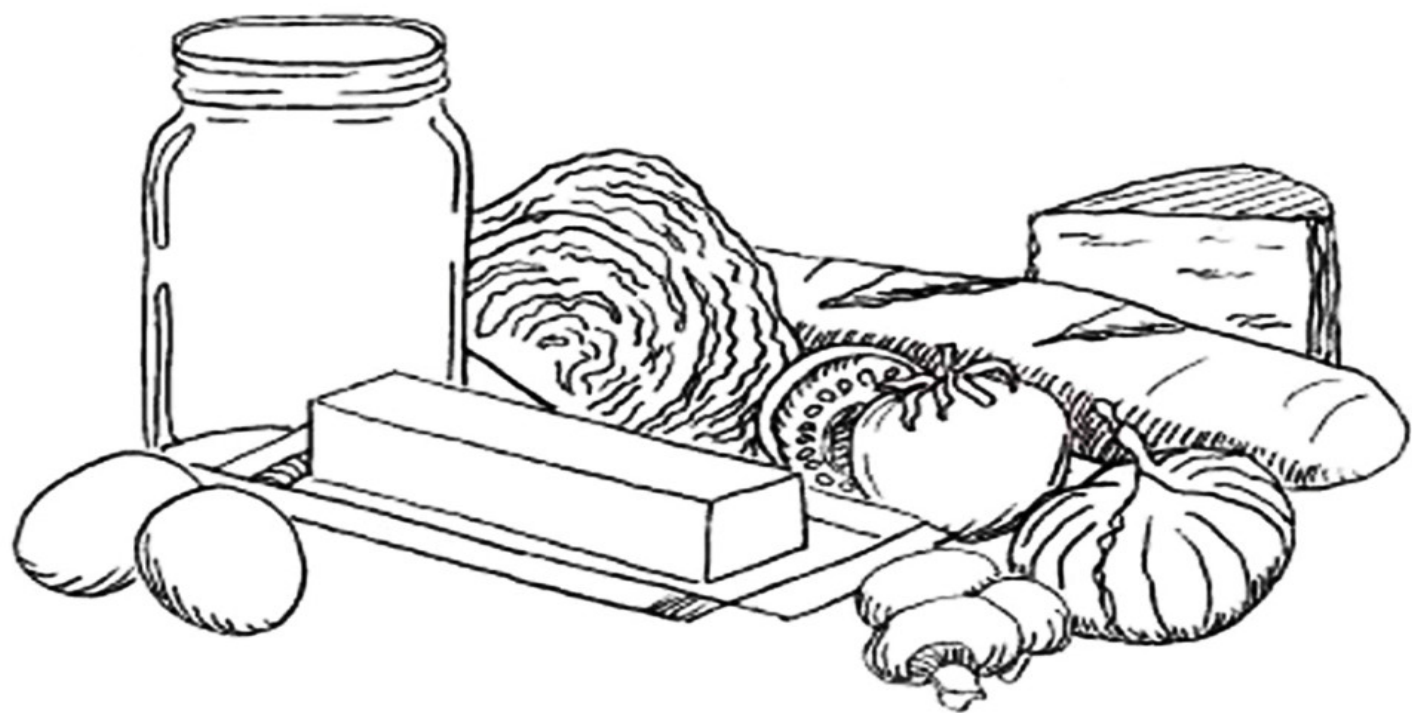


NOURISHING TRADITIONS



The Cookbook that Challenges
Politically Correct Nutrition
and the Diet Dictocrats

REVISED SECOND EDITION

Sally Fallon

with Mary G. Enig, Ph.D.

Cover Design by Kim Waters Murray

Illustrations by Marion Dearth

About the First Edition

I have to recommend. . . *Nourishing Traditions* by Sally Fallon. The first chapter of her book is so right on target that I feel a little guilty for taking her ideas. But what she pointed out is that independent producers of food—such as people who present us with meat, poultry, eggs and butter—provide the lowest profit margin in the industry. People who put out junk food. . . have an incredible return on invested capital because they are putting out low-cost items and making a very high profit.

Robert C. Atkins,
MD
Author of *The
Atkins' New Diet
Revolution*

Nourishing Traditions is more than a cookbook—it's an *education* that will lead you to "cook with pride," as you will know that you are giving your family the proper nourishment for a lifetime of vigorous good health. Now *that* is the real "joy of cooking!"

William Campbell
Douglass, MD
Author of *The Milk
Book*

Nourishing Traditions. . . is a work of genius. . . richly encyclopedic. . . Run, don't walk to the nearest phone and order *Nourishing Traditions*.

Clara Felix
Author of the *Felix
Letter*

This cookbook is unique. . . *Nourishing Traditions* throws down the gauntlet to challenge the "Diet Dictocrats."

Beatrice Trum
Hunter
Author of *Consumer
Beware*

As a convinced vegetarian of some 25 years, I opened Sally Fallon's book to her many meat recipes and immediately closed it again. But then I figured that there must be more to it than that. There is. . . I was surprised at the wealth of information to help me (even as a vegetarian) make better food choices and prepare the ones I have chosen to get the most nourishment from them.

Peter Hinderberger,
MD, Past President

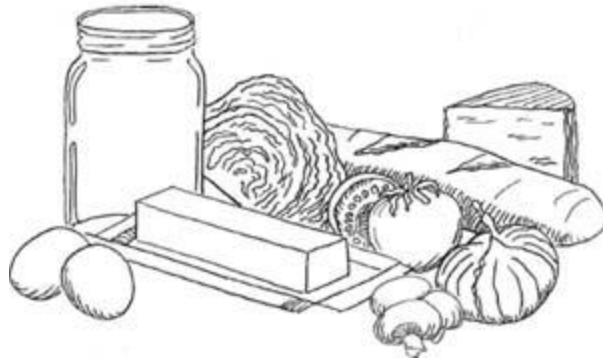
Physicians
Association for
Anthroposophical
Medicine

I figured it would be only a matter of time before people would realize that lowfat and low-cholesterol diets were highly overrated for healthfulness. Now comes a cookbook author and food writer who is well aware of the politically correct nutrition misinformation, but who also has the knowledge and courage to challenge its assumptions.

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For Sarah, Nicholas, James and Davidson
and their children

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