

Nutrients in Traditional Diets Compared to 20th Century Western Diets

Numbers represent percentage greater in traditional diets

	Calcium	Phosphorus	Magnesium	Iron	Fat-Soluble Vitamins
Eskimo	540%	500%	790%	150%	1000+%
Swiss	370%	220%	250%	310%	1000+%
Gaelics	210%	230%	130%	100%	1000+%
Australian	460%	620%	170%	5060%	1000+%
New Zealand Maori	620%	690%	2340%	5830%	1000+%
Melanesians	570%	640%	2640%	2240%	1000+%
Polynesians	560%	720%	2850%	1860%	1000+%
Peruvian Indians	660%	550%	1360%	510%	1000+%
Africans (Cattle Raising)	750%	820%	1910%	1660%	1000+%
Africans (Agricultural)	350%	410%	540%	1660%	1000+%