

Why the 12 Spoons Guide?

Over the years, our members have frequently asked, "Where can I find WAPF-friendly food when traveling?" Many people must eat on the go regularly because of their jobs or other reasons, and would like to find the best options available to them. And of course, most of us would like to eat out occasionally without having to compromise our principles too drastically.

The 12 Spoons site is available to all for free. It is designed to help people find food that is at least acceptable when they are in an area without many options. And it's also meant to highlight those establishments that are doing great things.

An establishment can earn one "spoon" for each of our twelve criteria that they meet. A one-spoon establishment signals a place where a busy traveler will find at least a few acceptable dishes, whereas a twelve-spoon establishment signals a place that's doing everything right and is worth a special trip.

We hope that as the 12 Spoons site gains traction and food purveyors learn of it, they'll want to know more about our criteria and how they can earn a higher score. We look forward to a day when every locale will boast a number of high-scoring establishments, at a variety of price

The Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is a non-profit nutrition education organization dedicated to returning nutrient-dense foods to American tables. The Foundation honors the work of the dentist, Weston A. Price, whose studies of robust and disease-free nonindustrialized peoples during the 1930s and 1940s established the principles of healthy diets. The Foundation receives no funding from the food industry or the government, but is supported largely by the fees and donations of thousands of members. In addition to supporting WAPF's many projects, members receive a lively quarterly journal and a yearly shopping guide.

The Wise Traditions Diet

The Wise Traditions diet reflects the dietary practices of healthy traditional peoples throughout the globe. The diet that promotes good health, generation after generation, incorporates two main principles: first, it does not contain processed foods and second, the diet is nutrient-dense, meaning it is very high in vitamins and minerals.

Processed foods include refined and artificial sweeteners, liquid and hardened industrial seed oils (corn, soy, safflower, cottonseed, canola, etc.), pasteurized and powdered dairy products, hydrolyzed products, and artificial flavors and colors. These ingredients are not only devoid of nutrients, but are also harmful in many ways.

The most nutrient-dense foods are eggs, organ meats and animal fats, especially the eggs, organs and fats of animals raised on pasture. Unfortunately, for many years these foods have been demonized as sources of cholesterol and saturated fat. An important mission of the Weston A. Price Foundation is to educate the public about the health benefits of cholesterol and saturated fat, and to correct the misinformation that has turned consumers away from these valuable foods.

Shellfish and fish eggs (caviar) are also highly nutrient-dense foods.

An important goal of the Weston A. Price Foundation is to usher in the return of animal fats for eating and cooking: butter for spreading, garnish and sautés; and lard and tallow for sautéing and frying. These fats contain components that protect us from cancer and heart disease and nourish the body in many ways.

Traditional food preparation methods help to increase the nutrient content of our food. These include fermenting flour to make sourdough bread, lacto-fermenting vegetables to make condiments like sauerkraut and use of bones to make nourishing broth for soups, sauces and stews.

12 spoons

Restaurant Rating Form

12spoons.com

WESTON A. PRICE FOUNDATION

for **Wise Traditions**
IN FOOD, FARMING AND THE HEALING ARTS
Education • Research • Activism



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12 Spoons Rating Form

Name of Restaurant: _____

Country: _____ State: _____ City: _____ Zip Code: _____

Street Address: _____ Neighborhood or Area: _____

Telephone Number: _____ Website: _____

Type of Business: Restaurant Carryout Food Truck Catering Service Community Supported Kitchen(CSK)

For Restaurants: Takes Reservations? Yes No

Price Range (Price range is the approximate cost per person for a meal including one drink, tax and tip.)

\$ = under \$10 \$\$ = \$11-\$30 \$\$\$ = \$31-\$60 \$\$\$\$ = above \$61

Type of cuisine: American Chinese French Indian Italian Japanese Korean
Mexican Seafood Thai Vietnamese Other _____

General Comments:

Score (1-12): _____ (Restaurant earns one spoon for each *Yes* answer below.)

RATING CRITERIA

1. Serves mostly (i.e., more than half of the menu) fresh food, prepared from scratch, and does not rely primarily on kits or prepared/partially prepared foods from commercial food services. (Some canned or frozen items such as tomato paste or frozen shrimp are acceptable.) Yes No
2. Offers at least some locally obtained and/or organically produced food and/or wild-caught seafood. Yes No
3. Offers at least some pastured animal foods. Yes No
4. Offers dishes made with organ meats (liver/paté, sweetbreads, heart, kidney, brains, etc.). Yes No
5. Sautés in natural fats such as butter, lard, tallow, duck fat, coconut oil or olive oil and uses lard, duck fat or tallow for frying. Yes No
6. Makes bone broths/stocks in house for use in soups, stews, gravies and sauces, and does not use canned broth or powdered soup bases. Yes No
7. Prepares seasoning mixes in house and does not use flavoring packets or MSG. Yes No
8. Prepares salad dressings in house using olive oil or cold-pressed sesame oil. Yes No
9. Offers genuine sourdough bread made from a live starter. Yes No
10. Offers raw, unpasteurized lacto-fermented beverages such as kombucha, water kefir or kvass. Yes No
11. Offers some raw, unpasteurized lacto-fermented condiments such as sauerkraut. Yes No
12. Offers desserts, made in house or outsourced, with natural sweeteners such as raw honey, maple syrup, maple sugar, molasses, date sugar, palm sugar, coconut sugar, sorghum syrup or malt syrup. Yes No