

[THE RAW FOOD DIET](#)



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Most of what you eat will be high in vitamins, minerals, fiber, and disease-fighting phytochemicals. But there are lots of drawbacks. The diet is difficult to follow and inadequate in many essential nutrients, such as protein, iron, calcium, vitamin B12, and more. Plus, contrary to the claims of many raw food fans,

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The Raw Food Diet A Beginner's Guide and Review

The raw food diet, often called raw foodism or raw veganism, is composed of mostly or completely raw and unprocessed foods. A food is considered raw if it has never been heated over 104 118 F (40 48 C). It should also not be refined, pasteurized, treated with pesticides or otherwise processed in any way.

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Raw Food Diet Benefits Risks and How to Do It Dr Axe

In addition to raw fruits and vegetables, you might consume fish, sea vegetables, fermented foods, sprouted grains, nuts, seeds, eggs, and even some meat and raw dairy products. (2) The thing that ties various raw food diets together is that generally no foods that have been pasteurized, homogenized,

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Raw Food Diet What To Know US News Best Diets

A raw food diet can be pricey. Organic ingredients tend to cost more than other types, and not every grocery store carries a wide array of raw and organic products. Plus, you'll need appliances: High-end blenders range from \$300 to \$600, for example, and food processors capable of slicing,

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Raw foodism Wikipedia

Raw veganism. Enzymes, as with other proteins consumed in the diet, are denatured and eventually lysed by the digestive process, however, rendering them non-functional. Typical foods included in raw food diets are fruits, vegetables, nuts, seeds, and sprouted grains and legumes.

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The Raw Food Diet Diet and Nutrition Center Everyday

A raw food diet is usually strictly vegetarian, although some in the raw food movement allow unpasteurized dairy products, raw meat, raw eggs, and sushi. A basic belief is that you should restrict food that is cooked or heated above 116 to 118 Fahrenheit.

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What to Know Before Trying a Raw Food Diet

Proponents of the diet often claim the raw food diet has certain health benefits such as: The raw food diet is lower in calories, sodium, sugar, trans fat, and saturated fat than the standard American diet. It is also higher in potassium, magnesium, folate, fiber, vitamin A, and antioxidants.

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Raw food Official Site

Raw Food Weight Loss Diet Find out how the raw food weight loss diet works, and why it's one of the fastest growing diets. Free raw food diet plan, recipes and preparation tips. Best Sources of Vegan Protein Eat more vegan protein. It's much healthier than dairy and meat. Largest study reveals shocking results. List of best vegan sources.

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What Makes a Raw Food Diet

Proponents of a raw food diet claim that there are many benefits to eating raw foods, including weight loss, more energy, clear skin, improved digestion, and improved overall health. Many people clarify that they eat a "high

raw" or a certain percentage of raw foods in their diet, such as "75% raw diet" or a "90% raw diet".
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