

[WHAT TO EAT RAW FOOD DIET](#)



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A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss.

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Some people who follow a raw food diet do not eat 100 percent raw foods. Strive for a balance. While some people who follow a raw food diet are vegan (which means they don't eat any animal products), some eat animal products such as raw dairy, meat, sushi, honey, and bee pollen.

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The Raw Food Diet A Beginner's Guide and Review

To follow the raw food diet, make sure at least 75% of the food you eat is raw. Most raw food diets are made primarily of fruits, vegetables, nuts and seeds.

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

The two have a lot in common, but eating a diet high in raw foods doesn't necessarily mean you need to avoid all animal products, which vegans do. Some raw food diets include raw fish, raw dairy products, raw meats or eggs, and even some cooked animal foods too.

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What to Know Before Trying a Raw Food Diet

To find out what foods are typically eaten on a raw food diet, read the list of foods to eat on a raw food diet. Foods to Avoid Some raw beans can be eaten after they have been soaked and sprouted, but others, such as kidney, soy, and fava beans, are considered unsafe to eat.

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4 Ways to Go on a Raw Food Diet wikiHow

Nuts and seeds are essential to a raw food diet and are valuable sources of calories and protein. Stock up on items such as almonds, peanuts, cashews, walnuts, sunflower seeds, and chia seeds. Be sure to purchase raw nuts and seeds; roasted, blanched, and salted nuts aren't allowed in a raw food diet.

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Raw Food Diet What To Know US News Best Diets

The Raw Food Diet traces back to the late 1800s, when Maximilian Bircher-Benner, a doctor, discovered he could cure his own jaundice by eating raw apples. Thus began a series of experiments testing

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