

## [EATING IN THE RAW](#)



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### **Raw Food Diet Eating in the Raw Freedieting**

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### **Raw Food Diet Review Benefits What You Eat More WebMD**

The risk of food poisoning from eating raw or undercooked foods outweighs the benefits of this plan. In general, cooking makes your food more easily digestible and safer. WebMD does not

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

You can eat more raw foods in a balanced way by following the following steps: at each meal, plan to fill half your plate with fresh, non-starchy veggies and fruit; lightly cook food at temperatures less than 100 degrees, steam, juice, sprout and use slow cookers to gently cook the food you aren t eating raw; replace bad fats with healthy fats; focus on having quality animal products in moderation; and replace all sugary snacks and refined grains.

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### **Eating in the Raw Are Raw Food Devotees Right or at Risk**

Going Raw, Then and Now . Raw foodism (also referred to as the raw food movement) can largely be traced to the Swiss nutritionist and physician Maximilian Bircher-Benner (1867-1939).

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