

WHAT ARE SOME RAW FOODS



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You'll mostly be eating raw fruits, vegetables, and grains. The idea is that heating food destroys its nutrients and natural enzymes, which is bad because enzymes boost digestion and fight chronic disease. In short: When you cook it, you kill it. Some fans of raw food diets believe cooking makes food toxic.

<http://ebookslibrary.club/download/Raw-Food-Diet-Review--Benefits--What-You-Eat--More-WebMD.pdf>

The Raw Food Diet A Beginner's Guide and Review

Similar to veganism, the raw food diet is usually plant-based, being made up mostly of fruits, vegetables, nuts and seeds. While most raw food diets are completely plant-based, some people also consume raw eggs and dairy. Less commonly, raw fish and meat may be included as well.

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3 Reasons No One Should Be On A Raw Foods Diet

Aside from the Traditional Chinese Medicine point of view on raw foods, here are three reasons why I don't recommend the raw foods diet: 1. Thyroid Health. Many vegetables in the cruciferous family such as kale, broccoli, cauliflower, cabbage, mustard greens and brussel sprouts contain what are known as goitrogens.

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

Here are some of my favorite raw foods to start eating regularly: Leafy greens. Citrus fruits (several servings per day). Sunflower, sesame and pumpkin seeds. Avocados. Coconut kefir/raw and organic regular kefir. Raw veggies like carrots, celery, peppers, tomatoes, etc. Raw yogurt. Extra

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Dangers of a Raw Food Diet Livestrong com

Dangers of a Raw Food Diet. A raw food diet is based upon uncooked, unprocessed plant-derived foods. Staples of the diet include organic fruits and vegetables, sprouts, unprocessed grains, nuts, beans and seaweed. In some cases mildly heated foods, such as warm vegetable soup, are permitted. Depending upon the strictness of your diet,

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List of Raw Foods

It's important to point out that this list is by no means complete, there are thousands of raw foods available around the world, and we have put together some of the more common foods to get you started. One of the keys to good health is consuming a wide variety of raw foods to get the wide variety of nutrients you need for enjoying great health.

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What to Know Before Trying a Raw Food Diet

Some raw foods are high in calories, fat, and sugar. Cooking protects from food-borne illnesses (such as E.coli). A raw food diet isn't recommended for pregnant women, children, older adults, people with weak immune systems, and those with medical conditions. People with hypoglycemia or diabetes should use

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Raw food Official Site

Raw Food Blog is my mini journal about the raw food diet. It lets you know whenever any new web pages appear. It keeps you up to date with events, research or raw food news.

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Raw Food For Dummies Cheat Sheet dummies

To make mealtime a snap, here's a list of raw foods to keep stocked: Versatile fruits such as blueberries, oranges, bananas, and avocados. Fresh, in-season vegetables. Leafy greens, including kale, spinach, cabbage, and romaine

lettuce. Soaked raw nuts and seeds.

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