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Of course vegetables also contain lots of antioxidants, so you ll want to include lots of fruits and vegetables in your raw food diet. Some tips on incorporating raw foods into your diet: Start off slowly if you re going raw and swap out one regular meal a day for a raw food meal.

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Raw Food Diet Books

This is a great book for beginners. It's an easy read and it covers all the basics. It has some recipes at the back. I recommend it for people who are just starting a raw food diet or don't know if the should and just like to read more.

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