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The Raw Food Diet A Beginner's Guide and Review

Instead, the diet allows several alternative preparation methods, such as juicing, blending, dehydrating, soaking and sprouting. 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,

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Even vegetarians and vegans eat a diet that s high in fat. 2) Fat is a concentrated source of calories. We re used to eating concentrated foods such as pasta, oils, butter, bread, etc. On a raw food diet, there are practically no concentrated foods other than fatty foods.

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