

[A RAW FOOD DIET](#)



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Raw food diet supporters believe that eating mostly or all raw food is ideal for human health. However, like many of the core beliefs behind the raw food diet, this idea is not backed by science.

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Raw Food Diet Review Benefits What You Eat More WebMD

Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Your food can be cold or even a little bit warm, as long as it doesn't go above 118 degrees.

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

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Raw Food Diet What To Know US News Best Diets

The raw food diet is highly inconvenient. Raw dishes aren't standard fare at restaurants, so expect to spend a lot of time scouring menus.

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Raw Food Diet Meal Plan The Rawtarian

Lunch: A raw diet menu may include a variety of options for raw vegan lunch, including salads with some healthy fat (such as avocado, extra virgin olive oil or crushed nuts), a soup, and/or a raw vegan entree (such as raw noodles, raw veggie burgers, raw vegan meatloaf, etc.).

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What to Know Before Trying a Raw Food Diet

One of the main concerns people have with the raw food diet is the risk of nutritional deficiencies, such as vitamin B12, vitamin D, iron, zinc, and omega-3 fatty acids. The raw food diet has also been associated with low bone mass.

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The raw food diet Types benefits and risks Health News

A raw food diet involves mainly unprocessed, whole, plant-based, and preferably organic, foods. Three-quarters of the person's diet should consist of uncooked food.

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