

Raw Food Diet

What's involved with following this diet?

Composed of raw and unprocessed foods (food that's never been heated over 40-80C and never been refined, pasteurized, or treated with pesticides).

It is plant-based and also allows raw eggs and dairy. Raw fish and meat is also allowed. Supplements are discouraged.

Who is it for?

For highly health-conscious people who believe that cooking food is harmful as well as vegans and vegetarians.

Is it backed by scientific research?

It has some scientific evidence that shows that it may help reduce blood sugar and lower risks for obesity, diabetes and heart disease.

Is it dangerous?

It is associated with low vitamin and mineral levels. It poses an increased risk of food-borne illnesses due to the nature of raw food. It may also cause an unhealthy relationship with food.

Would you recommend?

Overall not recommended because it isn't balanced and not sufficient to meet the recommended daily amounts of daily vitamin and mineral needs (also doesn't allow additional supplementation). Cooking may make some foods safer to eat.