

[RAW FOODS TO EAT](#)



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While some people who follow a raw food diet are vegan (which means they don't eat any animal products), some eat animal products such as raw dairy, meat, sushi, honey, and bee pollen. Foods that have the words roasted, dry-roasted, toasted, cooked, or baked on the label are not raw. Canned foods aren't considered raw.

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What to Know Before Trying a Raw Food Diet

To find out what foods are typically eaten on a raw food diet, read the list of foods to eat on a raw food diet.

Foods to Avoid Some raw beans can be eaten after they have been soaked and sprouted, but others, such as kidney, soy, and fava beans, are considered unsafe to eat.

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Best Raw Foods

Eat all you desire, especially if you want foods that are nutritious and juicy but low in sugar. Note that nightshades have an undeserved negative reputation due to the fact that other parts of the plant, such as the leaves, are poisonous to humans. The fruit is NOT. Green bell peppers are unripe and should never be eaten (all other colors are good).

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Depending on the source, a raw food diet is either a path to perfect health or to serious undernourishment.

Probably, the truth is somewhere in the middle. Devotees insist that a diet consisting

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