

WHAT IS RAW FOOD DIET



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A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss.

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What to Know Before Trying a Raw Food Diet

The raw food diet is based on the belief that uncooked and unprocessed food can help you to achieve better health and prevent diseases like heart disease and cancer.

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Raw food diet What are raw foods What is the raw vegan

Proponents of a raw food diet claim that there are many benefits to eating raw foods, including weight loss, more energy, clear skin, improved digestion and improved overall health. Many people clarify that they eat a "high raw" or a certain percentage of raw foods in their diet, such as "75% raw diet" or a "90% raw diet".

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What is a raw food diet Vegan Food Living

For a fully balanced diet that will provide you with all of the protein, healthy fats, fibre and nutrients you need, a raw food diet needs to incorporate plenty of unprocessed seeds, nuts and grains; as well as the vegetables high in vitamins, minerals and protein, such as leafy greens.

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What is a raw food diet BBC Good Food

The challenge for anyone on a raw food diet is getting enough protein, vitamin B12 and iron, as these nutrients are typically found in foods most of us prefer to cook meat, fish, eggs and grains. Cooking food has a major advantage it protects us from foodborne pathogens.

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

Despite what you might have heard, a raw food diet is not another fad diet as we normally think of one. In fact, some experts on raw diets say that they're essentially the opposite: anti-diets and more like a lifestyle that simply promotes eating more real foods in their natural state.

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What is Raw Food Karen Knowler The Raw Food Coach

So What is Raw Food and The Raw Food Diet? Raw food is, technically speaking, food that has not been heated above 48 degrees centigrade (117 degrees Fahrenheit). This usually means uncooked foods, or more specifically, foods in their natural state nothing more, nothing less.

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What You Can Eat on a Raw Food Diet Verywell Fit

A typical raw food diet consists of whole, unprocessed food that hasn't been heated above 118 F (48 C). The major food groups are fruits, vegetables, seeds, nuts, grains, sea vegetables, and fats.

<http://ebookslibrary.club/What-You-Can-Eat-on-a-Raw-Food-Diet-Verywell-Fit.pdf>

Raw Food Diet What To Know US News Best Diets

The Raw Food Diet traces back to the late 1800s, when Maximilian Bircher-Benner, a doctor, discovered he could cure his own jaundice by eating raw apples.

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