

## [WHAT TO EAT ON A RAW FOOD DIET](#)



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Here is a raw foods list of what to eat, including fresh fruits and vegetables, nuts, condiments, and essential items for your raw food pantry.

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Gently heating food is considered acceptable as long as the temperature doesn't go above 118 degrees Fahrenheit. While most people who are on a raw food diet plan are vegan, some eat raw animal products, like raw milk, cheese made from raw milk, or raw fish or meat.

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When eating a raw diet, not all of your protein needs to come from meat or other animal products. Legumes, such as black beans and chick peas, are good sources of protein. You cannot eat legumes raw. They are indigestible and may contain compounds that inhibit enzymes.

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