

[WHAT TO EAT RAW FOOD DIET](#)



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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 Review Benefits What You Eat More WebMD

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.

<http://ebookslibrary.club/Raw-Food-Diet-Review--Benefits--What-You-Eat--More-WebMD.pdf>

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.

<http://ebookslibrary.club/Raw-Food-Diet--Benefits--Risks-and-How-to-Do-It-Dr--Axe.pdf>

Eating Living Raw Foods What to Eat in a Raw Food Diet

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Raw Food Detox Diet What to Eat and How It Works

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7 Day Raw Food Diet What To Eat Benefits And Side Effects

Raw food diet is a lifestyle that promotes the consumption of raw, unprocessed foods. It is considered healthier than cooked and processed foods as it is high in food value, low in calories, and does not contain preservatives and additives.

<http://ebookslibrary.club/7-Day-Raw-Food-Diet---What-To-Eat--Benefits--And-Side-Effects.pdf>

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.

<http://ebookslibrary.club/What-to-Know-Before-Trying-a-Raw-Food-Diet.pdf>

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".

<http://ebookslibrary.club/Raw-food-diet-What-are-raw-foods--What-is-the-raw-vegan--.pdf>

The Raw Food Diet A Beginner's Guide and Review

To follow the raw food diet, make sure at least 75% of the food you eat is raw. Most raw food diets are made primarily of fruits, vegetables, nuts and seeds.

<http://ebookslibrary.club/The-Raw-Food-Diet--A-Beginner's-Guide-and-Review.pdf>

4 Ways to Go on a Raw Food Diet wikiHow

Purchase raw nuts, seeds, nut milk, and nut butters. Nuts and seeds are essential to a raw food diet and are valuable sources of calories and protein.

<http://ebookslibrary.club/4-Ways-to-Go-on-a-Raw-Food-Diet-wikiHow.pdf>

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