



2001 W. Kenosha * Broken Arrow, OK , 74012 * herbpower21.com *
For mail order of supplements and vitamins call: 1-800-798-HERB

A RAW FOOD DIET INFORMATION SHEET

What is the Raw Food Diet?

The raw food diet is based on unprocessed and uncooked plant foods, such as fresh fruit and vegetables, sprouts, seeds, nuts, grains, beans, nuts, dried fruit, and seaweed.

Heating food above 116 degrees F is believed to destroy enzymes in food that can assist in the digestion and absorption of food. Cooking is also thought to diminish the nutritional value and "life force" of food.

Typically, at least 75% of the diet must be living or raw.

What are the benefits of the Raw Food Diet?

Proponents of the raw food diet believe it has numerous health benefits, including:

- Increased energy
- Improved skin appearance
- Better digestion
- Weight loss
- Reduced risk of heart disease

The raw food diet contains fewer trans fats and saturated fat than the typical Western diet. It is also low in sodium and high in potassium, magnesium, folate, fiber and health-promoting plant chemicals called phytochemicals.

These properties are associated with a reduced risk of diseases such as heart disease, diabetes, and cancer. For example, a study published in the *Journal of Nutrition* found that consumption of a raw food diet lowered plasma total cholesterol and triglyceride concentrations.

What are the guidelines of the Raw Food Diet?

1. What can I eat?

Unprocessed, preferably organic, whole foods such as:

- Fresh fruits and vegetables
- Nuts
- Seeds
- Beans
- Grains
- Legumes
- Dried fruit
- Seaweed
- Unprocessed organic or natural foods
- Freshly juiced fruit and vegetables
- Purified water
- Young coconut milk

At least 75% of food consumed should not be heated over 116 degrees F.

2. What techniques are used?

Specific techniques make foods more digestible and add variety to the diet, including:

- Sprouting seeds, grains, and beans
- Juicing fruit and vegetables
- Soaking nuts and dried fruit
- Blending
- Dehydrating food

3. What equipment can I use?

- A dehydrator, a piece of equipment that blows air through food at a temperature of less than 116 degrees F
- A good-quality juice extractor for juicing fruit and vegetables
- A blender, food processor, or chopper to save time
- Large glass containers to soak and sprout seeds, grains, and beans
- Mason jars for storing sprouts and other food

Side effects

Some people experience a detoxification reaction when they start the raw food diet, especially if their previous diet was rich in meat, sugar, and caffeine. Mild headaches, nausea, and cravings can occur but usually only last a few days.