



Raw Foods



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The idea of a raw food diet is consumption of unprocessed, whole plant-based, ideally organic foods.

With a raw food diet, a minimum of 75% of a person's intake should consist of uncooked food. A report published in *Food Technology* in October 2012 said plant-based diets either significantly reduce or completely eliminate people's genetic propensity to developing chronic diseases, such as Type 2 Diabetes, cardiovascular disease, and cancer.

The **Raw Food Diet** generally includes items such as beans, dried fruits, fresh fruits & vegetables, freshly made fruit & vegetable juices, grains, legumes, nuts, purified water, seaweeds, seeds and sun-dried fruits.

Pros

- Better skin
- More energy
- Sustained weight loss
- Improved cholesterol and blood lipids
- Reduced heart disease risk

Cons

- Requires a lot of organization
- Motivation - Hard to keep it up, especially when going out to eat
- Requires a lot of preparation
- Digestive problems, such as irritable bowel. May improve over time.

<http://www.medicalnewstoday.com>