

# Raw Food Diet

Contributed by Administrator  
Friday, 16 March 2007

So what is the raw food diet?

Have you just heard about the raw food diet? Well it seems to be gaining popularity as the word gets around, not merely as a diet to lose weight, but also a diet for a long and healthy life. We eat far too much processed food and we don't even pause to think about what the unhealthy food we are putting into our bodies, and how far we've come nutritionally from our ancestral roots.

A raw food diet entails eating your food in its natural, unprocessed form. There are several common sense reasons for why this is a great idea. Processing and cooking food often removes so much of the basic nutritional value. Think of some of the traditional wisdom you've heard about for years such as, if you cook pasta to the medium (al dente) stage it will have more calories. Well this is probably true, but it will also have more of the nutritional value in it than if you cooked it to a well or over done stage.

Or you most likely remember hearing not to peel carrots or potatoes too deeply, because most of the nutrients and values are just under the surface.

- The raw food diet advises eating unprocessed, uncooked, organic, whole foods, such as fruits, vegetables, nuts, seeds, legumes, dried fruits, seaweeds, etc.

- It means a diet that is at least 75% uncooked! Cooking takes out flavor and nutrition from vegetables and fruits.

- A raw food diet means eating more the way our ancient ancestors did. Our healthier, more fit ancestors.

They cooked very little, and most definitely didn't cook or process fruits and vegetables. They ate them mostly raw. The water supply wasn't from a tap, it was natural spring water. Some may have enjoyed a drink of coconut milk on occasion, depending on which area of the planet they lived.

It really just make sense that this is how we were meant to eat. This is a way of eating that's in balance with the planet and also in harmony with our own bodies. Our bodies were meant to work, and need to work to be efficient. This means we get exercise, but it also means eating natural, organic raw foods that give more energy.