

## WHAT IS RAW FOODS%0A

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[Raw Foods Diet - WebMD - Better information. Better health.](#)

Gluten-free: Most raw foods, including fruits, vegetables, nuts, and seeds, are naturally gluten-free. What Else You Should Know Eating lots of veggies and fruits helps control blood pressure .

[The Raw Food Diet: A Beginner's Guide and Review](#)

The raw food diet, often called raw foodism or raw veganism, is composed of mostly or completely raw and unprocessed foods. A food is considered raw if it has never been heated over 104-118 F.

[What is Raw Food? - Karen Knowler - The Raw Food Coach](#)

What is Raw Food? If you're new to raw food and haven't the first clue where to start, or you've been dabbling for a while and can't seem to make it work for you, this page is for you.

[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.

[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.

[What Makes a Raw Food Diet? - thespruceeats.com](#)

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.

[What is raw food? - besthealthmag.ca](#)

The creativity in raw foods as a type of cuisine comes from blending, soaking, marinating, slicing, dicing, drying at low temperatures, and incorporating fresh herbs and spices. This can be done in quite innovative ways, all while preserving the food's integrity.

[What is a raw food diet? | BBC Good Food](#)

The challenge for anyone on a raw food diet is getting enough protein, vitamin B12 and iron, as these nutrients are typically found in foods most of us prefer to cook: meat, fish, eggs and grains. Cooking food has a major advantage: it protects us from foodborne pathogens.

[3 Reasons No One Should Be On A Raw Foods Diet](#)

I've had to convince so many of my patients to switch from a raw foods diet to a cooked foods diet that I figured I should write about why I don't support a raw foods diet. The raw foods movement has been going on for quite awhile. Many raw food advocates believe that food is best eaten in its

#### What is Raw? | Instinct Pet Food

What is Raw? REAL FOOD IS RAW That's why we use only natural, raw ingredients. And vitamins and minerals derived from real, natural foods. Nothing artificial. No unnecessary preservatives. No compromises. Raw is never cooked. We believe Real Food is Raw . We think what we feed our pets should be whole and intact. That's why we preserve the integrity of our ingredients by never

#### Raw foodism - Wikipedia

Raw foodism, also known as rawism or following a raw food diet, is the dietary practice of eating only or mostly food that is uncooked and unprocessed. Depending on the philosophy, or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products. [1]