

## WHAT IS THE RAW FOOD DIET

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[Raw Food Diet Review: Benefits, What You Eat, & More - WebMD](#)

Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Your food can be cold or even a little bit warm, as long as it doesn't go above 118 degrees.

[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".

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

Raw food diet supporters believe that eating mostly or all raw food is ideal for human health. However, like many of the core beliefs behind the raw food diet, this idea is not backed by science.

[Raw Food Diet Rules | Healthfully](#)

A raw food diet consists of uncooked fruits and vegetables, nuts, seeds and sprouted beans. A person who eats 75 percent or more raw food is considered a rawist, according to the Living and Raw Foods website.

[Raw Food Diet: Benefits, Risks and How to Do It - Dr. Axe](#)

Raw food diets supply more nutrients than vegan diets, because there are some nutrients and proteins you simply cannot get without consuming animal products. In addition, raw food diets sometimes include a few cooked foods.

[Dangers of a Raw Food Diet | LIVESTRONG.COM](#)

A raw food diet is based upon uncooked, unprocessed plant-derived foods. Staples of the diet include organic fruits and vegetables, sprouts, unprocessed grains, nuts, beans and seaweed.

[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.

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

So What is Raw Food and The Raw Food Diet? Raw food is, technically speaking, food that has not been heated above 48 degrees centigrade (117 degrees Fahrenheit).

This usually means uncooked foods, or more specifically, foods in their natural state nothing more, nothing less.

[4 Ways to Go on a Raw Food Diet - wikiHow](#)

[How to Go on a Raw Food Diet](#). A raw diet is based on

uncooked, unprocessed, and unrefined foods and beverages. While planning and preparing raw meals takes some work, proponents suggest a raw diet offers a host of health benefits. Eating

#### [The raw food diet: Types, benefits, and risks - Health News](#)

The raw food diet includes uncooked and unprocessed whole plant-based, ideally organic foods. Uncooked foods should make up 75% of the person's diet.

#### [Raw Food Diet: What To Know | US News Best Diets](#)

The Raw Food Diet emphasizes fruits and veggies and nearly guarantees weight loss. However, it requires tedious meal prep and there are lots of rules.