

## Eating Raw Foods

Note: For purposes of this discussion we are talking about plant-based foods, not animal products.

### What Are Raw Foods?

Simply stated, raw foods are foods that have not been cooked. They are fresh fruits, vegetables, nuts, seeds and berries in their whole, natural state. If processed at all – like being dehydrated or served as soup – they are not heated above 116 degrees Fahrenheit.

Pasta, baked goods, junk foods and any foods that are highly processed or pasteurized are not considered raw. If you can afford a little extra cost for organic produce you can avoid the pesticides, herbicides, chemical fertilizers and genetic modifications of commercially grown factory food.

Compare the ingredients of whole foods like an apple (no ingredients label required) to those of manufactured “foods” or food like products. Many of the ingredients found on those labels I can’t even pronounce! A bunch of chemicals, preservatives and dyes can’t be good for you.

### Why Eat Raw Foods?

Raw foods are loaded with the nutrients we need for vibrant good health. Many of these nutrients are destroyed by cooking – especially enzymes, protein and vitamins.

### What Cooking Does To Food

Cooking destroys a lot of the nutrients contained in raw, live foods.

- ✓ Virtually 100% of all enzymes
- ✓ 60 to 70% of vitamins
- ✓ Up to 96% of B<sub>12</sub>
- ✓ 100% of phytonutrients
- ✓ 50% of the protein

## How To Eat Raw

- ✓ Simply eat the food “as is”
- ✓ The Nutribullet is a wonderful tool that pulverized foods at the cellular level. It’s “nutrient extraction” effect ruptures the cell walls and releases nutrients so that they are easily absorbed by the body. It is simple to use and easy to clean. I use mine every day!
- ✓ With a juicer you loose a lot of the pulp but you still get all of the vital nutrients.
- ✓ Salads are a great way to consume raw foods. To get a really healthy salad dressing make your own. You can get really creative and you can avoid the dairy, sugar, etc. that you find in store bought dressings.