

WHAT IS A RAW FOOD DIET%0A

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[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.

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

A raw food diet can vary based on the foods that are allowed and the dieter's food preferences. If you decide to try a raw food diet, here is an example of what one week on a 100% raw food vegan

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

A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss. But the diet is a nutritionally inadequate and

[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.

[Raw Food Diet Review - Foods You Can Eat, Meal Plans, and More](#)

Depending on the source, a raw food diet is either a path to perfect health or to serious undernourishment. Probably, the truth is somewhere in the middle. Devotees insist that a diet consisting

[What to Know Before Trying a Raw Food Diet - Verywell Fit](#)

The raw food diet is based on the belief that uncooked and unprocessed food can help you to achieve better health and prevent diseases like heart disease and cancer.

[What is a balanced raw food diet for dogs? | ProDog Raw](#)

A raw diet or BARF (Biologically Appropriate Raw Food) is the food that nature intended for dogs. So, what does the term BARF mean and how can you ensure that your dog is getting the right balanced raw diet?

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

Different people have different interpretations of the raw food diet and what it means. Some people will eat some cooked food, while others eat none. For some people, it is a way of life. For

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

The raw food diet is highly inconvenient. Raw dishes aren't standard fare at restaurants, so expect to spend a lot of time scouring menus. Organic or raw food grocery stores are your best bets for

[What is a raw food diet? | Vegan Food & Living](#)

Aside from enzymes, one of the major draws for followers of a raw plant-based diet is the belief in a higher intake of antioxidants and phytonutrients, which are thought to help reduce the levels of free radicals in the body and prevent cancer.