



## FACT SHEET – RAW FOODS

The definition of “Raw Food” is fresh, whole food that has not been refined, chemically processed, denatured, or heated above 48°C so that the nutritional value is preserved. The major raw food groups are fruits, vegetables, sprouted seeds, nuts, grains, sea vegetables and natural fats.

This is not a new concept, as most of us have grown up eating some forms of raw food, be it salads, fruits or vegetables. Persons that eat a raw food diet are called “Raw Foodists” and many are also vegetarian or vegan. However, some raw foodists do eat animal products such as raw fish (sashimi), raw meat (carpaccio), raw dairy (raw milk, raw milk cheese, raw milk yoghurt), raw eggs, honey and bee pollen.

Frozen fruit is considered raw, but frozen vegetables are not (as they are often blanched or boiled prior to being frozen). Anything canned or pasteurised is not considered raw. Canned foods have been heated to around 116°C and the lining of most of these cans is a plastic coating that leaches BPA. Pasteurisation is a process that heats juices, milk and other dairy products to at least 63°C.

The majority of raw foodists thrive and exist mainly on a plant based diet. Also a large part of a raw foodists diet will also consist of fermented foods (like sauerkraut and miso paste). Fermented foods contain very high amounts of good bacteria that assist in improving our digestion and strengthen our immune systems. Superfoods are also consumed (like goji berries, maca powder, bee pollen, and cacao).

Why raw food? Cooking depletes the nutritional content of food by damaging the nutrients and vitality of the food and at the same time making it more difficult for our bodies to assimilate the remaining nutrients. When food is cooked at high heats certain toxins and carcinogens are formed.

What are the benefits? Raw foods are energising; raw foods are hydrating; raw foods assist in boosting our immune system; raw foods contain large amounts of fibre; raw foods contain phytonutrients; raw foods assist in alkalising your body; raw foods assist in detoxifying your body.

Life is so incredibly stressful, we are all juggling many roles and responsibilities at any one given time and we are all seeking ways to best manage our stress. When we are stressed our bodies will give us signals to stop and listen to it; hormonal imbalance, weight gain, heart problems, insomnia, premature aging, anxiety, headaches; and these are just the physical signs. Again, these signs can be the side effects of the food you are feeding your body!

A good place to start is to try and increase more raw foods into your diet and your body and health will thank you! Many raw foodists will tell you that their transition took some time and in many cases, years to go 100% raw.

### **Further reading:**

The Science of Raw Food: [www.rawfoodlife.com](http://www.rawfoodlife.com)

Raw Food Made Simple: [www.therawfoodcoach.com](http://www.therawfoodcoach.com)

Raw Food Books & Recipe Books: [www.amazon.com](http://www.amazon.com)

***Detox Destinations’ offers raw food classes in some programs, and as an optional extra activity.***

*Happy Rawking!!!*

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