

All You Wanted To Know About The Raw Food Diet

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Raw food diets can be a great way to not only lose weight, but also lead a much healthier, natural lifestyle in general. Most raw food diets are plant-based, with at least 75 of the diet composed of raw food. Food examples include living on raw fruits, vegetables, nuts, seeds, rolled or flaked grains, and seaweeds. Some adherents may also eat cooked grains and legumes, fresh fish, and poultry. For the strict raw food diet, however, nothing should be heated over 116 degrees Fahrenheit. Some raw food dieters can be classified as vegans as well. This PDF eBook is meant to give an introduction to raw food diets and provide some example recipes that one can try.

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