



Nutritious Delicious Cooking Resources
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Nutritious Delicious!

Vegetarian and Vegan

Healthy Ways to Eat a Plant-Based Diet

THE RAW FOODS DIET

Introduction

Raw foods are foods that are in their purest state. They contain enzymes that would be destroyed during processing, cooking or chemical altering. Enzymes begin to degrade around 106 degrees and the health benefits of the food are diminished.

What are Enzymes?

Enzymes assist in the digestion of food and are known to be the “energy” of the food. Living and raw foods contain an enormously higher amount of enzymes which allows for a better absorption of its nutrients into the body. Improper digestion of nutrients from consuming processed and cooked foods can result in vitamin and mineral deficiencies which put your body at a higher risk of illness and disease. In addition, it is recommended to consume as much organic raw food as possible. Consuming raw foods, such as produce, that have been commercially or industrially produced will have decreased enzyme content and will contain harmful toxins used during growing.



Pros

- General improvement in health: may result in weight loss, more energy, improvement in current health ailments, detoxifies the system, prevention of disease, and increased immunity.
- Energy Efficiency: no cooking is needed to consume raw foods so it will result in a decreased amount of electricity used.
- Time Saved: no cooking means less preparation and clean up.
- No animal products are used so it is a suitable and beneficial lifestyle for vegetarians and vegans.

Cons

- Difficulties meeting your protein requirement especially for active individuals, athletes, individuals with a labor intensive occupation, children and growing teens, and women who are pregnant or lactating.
- Difficulty in obtaining all essential amino acids without careful dietary regulation.
- Higher risk of vitamin and mineral deficiencies If great care is not taken to fully understand how to meet dietary needs.