

---

# Truly Raw

## Your Guide To The Magic Of Raw Food

---



### Disclaimer and Legal Notices

While effort has been made to verify information provided in this publication, the publisher assumes no responsibility for errors, omissions, or contrary interpretations of the subject matter contained herein.

The publication is produced for entertainment purposes only and is not intended for use as a source of any advice such as legal, medical, or therapeutic. Information in this publication is not intended to diagnose, treat, cure or prevent any disease. The publisher wishes to stress that the information contained herein may be subject to varying international, federal, state and/or local laws or regulations. The purchaser or reader of this publication assumes all responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, including international, federal, state and local, governing all aspects of life in any jurisdiction is the sole responsibility of the purchaser or reader. Neither the author nor the publisher assume any responsibility or liability whatsoever on behalf of any purchaser or reader of these materials.

Any perceived slight of any person or organization is completely unintentional.

# Table of Contents

|  |           |
|--|-----------|
| <b>1. The Magic Of Raw Food .....</b>            | <b>3</b>  |
| Raw Food For Optimal Health .....                | 3         |
| Raw Food And Weight Loss .....                   | 5         |
| Raw Food For The Spirit .....                    | 6         |
| <b>2. What Raw Food Eaters Eat .....</b>         | <b>7</b>  |
| Different Types Of Raw Diet .....                | 7         |
| A Note On Health Risks .....                     | 7         |
| The Fruit Vs Fat Debate .....                    | 8         |
| More About Nutrition .....                       | 10        |
| The Superfoods Debate .....                      | 12        |
| <b>3. Joining The Raw Revolution .....</b>       | <b>13</b> |
| Transitioning To Raw .....                       | 14        |
| Raw Food Hints And Tips .....                    | 14        |
| <b>4. Your Raw Kitchen .....</b>                 | <b>16</b> |
| <b>5. What's Raw - And What's Not .....</b>      | <b>19</b> |
| The Deceivers: Cooked Foods In Disguise .....    | 20        |
| The 'Maybe's: Available In Raw - Sometimes ..... | 21        |
| Truly Raw: The Stars Of The Raw Food Diet .....  | 22        |
| A Note About Frozen Food .....                   | 22        |
| <b>6. Living Raw In A Cooked World .....</b>     | <b>23</b> |
| How To Handle Restaurant Meals .....             | 24        |
| How To Handle Dinner In Somebody's Home .....    | 25        |
| How To Handle The People You Live With .....     | 25        |
| Can Children Go Raw? .....                       | 26        |
| How To Handle Cravings .....                     | 28        |
| Letting Go Of Food .....                         | 30        |
| <b>7. A Few Simple Recipes .....</b>             | <b>32</b> |
| Cauliflower 'Couscous' .....                     | 32        |
| Olive Pâté .....                                 | 33        |
| Tomato Tahini Dressing .....                     | 33        |
| Raw Chocolate Brownies .....                     | 34        |
| Chopped Butternut Squash .....                   | 35        |
| <b>8. Resources .....</b>                        | <b>36</b> |

# 1. The Magic Of Raw Food

So you are thinking about starting on a raw food diet? Or maybe you already started, but you want to know how to do it properly? This ebook will consider why you might want to go raw, what the benefits may be in terms of health and weight loss, whether there are risks, and very importantly, what is truly raw food, because many people make mistakes about this.

The raw food diet is so popular right now, you will certainly not be alone. There is a growing number of people all over the world joining the trend, and with supplies being readily available on the internet, anybody can get almost any ingredient that they need to make delicious raw dishes.

We will look at the technicalities in more detail later, but in brief, raw food is any food that has not been heated above a certain temperature at which enzymes in the food become inactive. These enzymes are believed to aid the digestive process. Different enzymes begin to change at different temperatures so not everybody agrees about what the magic number should be, but food certainly needs to stay below 118°F (48°C).

In addition, some raw food fans believe that cooked food is more toxic, in that the immune system responds to cooked food in the same way that it responds to toxins or trauma, by producing extra white blood cells or leukocytes. Until the 1930s, it was assumed that all food caused this process, which is known as digestive leukocytosis. Then the Swiss researcher Dr Paul Kouchakoff discovered that after a person ate a meal made up entirely of raw unprocessed food, there was no such reaction. When foods had been heated beyond a certain point, they began to cause digestive leukocytosis; when they had been

refined, processed, pasteurized or chemically preserved, the reaction was even stronger.

Food science has not taken Dr Kouchakoff's research seriously, for the most part. Most people do not appear to be able to handle the idea that all cooked food is bad for us in some degree. However, it is generally accepted even in the mainstream that cooking certain foods (e.g. meat and some oils) above certain temperatures produces chemicals that are toxic or carcinogenic, such as trans fats, glycotoxins and heterocyclic amines (HCAs).

Sometimes it is hard to know what has been done to food before it reaches your kitchen, so in chapter 6 we will look at foods that may or may not be raw and how you can tell.

## **Raw Food For Optimal Health**

Some people come to the raw food diet because they are suffering from health problems, often chronic diseases. Many raw food advocates claim that the diet may help to prevent a variety of diseases, including acid reflux, acne, allergies, anxiety, arthritis, asthma, back pain, some cancers, candidiasis, colitis, the common cold, depression, diabetes, diverticulitis, fibromyalgia, high cholesterol, hypertension, hypoglycemia, irritable bowel syndrome, migraines, obesity, neck and joint pain and skin diseases. However, this book is not a source of medical advice nor is the information given in it intended to diagnose, treat, cure or prevent any disease. Please see a qualified practitioner in either mainstream or alternative medicine about any health concerns that you have.

Many people do believe that consumption of uncooked foods can heal or prevent disease. However, it is important to understand that raw food is not, in itself, medication. What it may do is to put less stress on the body than cooked and processed food, freeing up the body's resources for homeostasis (the natural healing power of the organism).

The purported health properties of raw food, therefore, are not so much related to properties of the food itself but to the body's own power to heal itself if its resources are not hijacked by having to deal with toxins such as those we ingest on a standard western diet.

Even simple cooked vegetables, while not exactly toxic, are said by raw food eaters to place the digestive system under some stress because they are not in their natural state. Our systems, the argument goes, were built for the consumption of food gathered from the wild before the invention of cooking. So raw vegetables, fruits, nuts and seeds (and perhaps raw meat from wild animals) were what the human body was built to eat, and what it can most easily and naturally assimilate.

That is why the 100% raw food diet is said to have a positive effect in respect of so many different diseases.

## Raw Food And Weight Loss

If you have come to the raw food diet because you want to lose weight, then you are not alone. Many people who have tried virtually every type of diet imaginable have come to raw food and been successful.

If you are carrying additional weight that needs to be released, then a 100% raw diet is almost sure to solve that problem for you. There is nothing special you need to do, except for going raw.

We call this ‘releasing’ the weight because that is what happens in fact. When you gain weight, you are giving your body more food than it can use, so it takes the excess and stores it as fat, distributing it around millions of cells in different parts of your body. When you start to eat in a healthier way, those cells start to release the fat back into the system and it is converted to energy that you can use.

People have been known to lose 100 pounds or more on the raw diet without even trying, other than the effort it takes to stay raw (see *Raw Reform* in the Resources section at the end of this book). No calorie counting, no daily food plan, just purely raw foods that are healthy and safe to eat, eating whenever hungry, stopping when full.

Please note though that if you have a lot of weight to release, or if you have been eating a very unhealthy diet (be honest with yourself here), it could be dangerous to switch to 100% raw right away. This is because there could be a detox effect where toxins from unhealthy food choices that were stored along with the fat in your cells are suddenly released back into the bloodstream. If

you have too much of these toxins released at one time, the effects could be severe. So instead, consider a gradual transition (see chapter 3).

Even if you are not overweight, you are still likely to lose weight on a raw food diet, at least at first. In some cases this causes a problem, e.g. women may find that their periods will stop. Generally though, people find that their weight stabilizes in the lower part of the healthy weight range, i.e. without becoming underweight.

## **Raw Food For The Spirit**

One of the most amazing things about going 100% raw is the way that it changes our outlook. The vital life force that flows within us all surges forth with double its previous vigor, it seems. Hundreds of testimonials report experiencing life differently, appreciating things so much more, heightened senses, love and positive feelings in people who previously had suffered gloom, depression and negativity like the rest of us.

When this kind of thing happens it can feel like a miracle, and it sure makes it easier to stay on the new path. It is these experiences that make many raw food eaters convinced that 100% raw is the right and natural diet for the human body.

We are not saying that it is always easy. There certainly are some obstacles, usually concerning other people in your life, but these can be overcome. We will look at ways of dealing with them later in this book. First, let's see what raw foodists actually eat.

### 3. What Raw Food Eaters Eat

There are several different types of raw diet:

#### ***Raw Vegan***

This is the most popular type of raw diet. Raw vegans eat no animal flesh, poultry or fish and nothing that is produced by animals (no milk products, no honey). Protein comes from nuts, seeds, vegetables and sprouted legumes.

#### ***Raw Vegetarian***

Raw vegetarians eat the same foods as raw vegans plus unpasteurized dairy products (milk, cheese etc) and/or raw eggs.

#### ***Paleolithic and other meat-eating raw diets***

Some raw food eaters follow a diet based around eating raw meat, especially from animals that can graze, e.g. beef and bison.

### **A Note On Health Risks**

All raw food, even lettuce, carries a small risk of bacterial illness from organisms that would have been destroyed in cooking. However, practically everybody eats salad and fruit every day without worrying about this. Just be careful to wash your food thoroughly.

The risk of food poisoning increases when we come to unpasteurized dairy, raw eggs and raw meat. In some jurisdictions all dairy foods are pasteurized by law. In others you can buy unpasteurized cheese from specialist stores and milk direct from the farm (not recommended if you are pregnant or nursing). Go for



organic because non-organic animal products often contain huge amounts of hormones which are fed to the animals to encourage growth and milk production.

Meat is available raw everywhere but it is sold on the assumption that you will cook it. It is very dangerous to eat raw pork and poultry - don't even think about it. Beef is not so dangerous and that is why steaks etc are sometimes eaten very rare. This is not to say it is completely safe. If you do choose to eat raw beef, please due your due diligence by researching the possible benefits and consequences thoroughly, and try to purchase organic grass-fed beef.

Another possible danger with any kind of food is mold, which can cause digestive upsets or more serious disorders. Mold can contaminate nuts and seeds, so try always to buy from a source that has a fast turnover. You may want to store them in the refrigerator. Mold can also grow on beans and grains while you are sprouting them, so be sure to place your sprouting jars or trays in a clean, dry, mold free environment.

In addition, there are a small number of foods that can be poisonous when raw, such as red kidney beans and buckwheat greens, which should not be sprouted at all.

## **The Fruit Vs Fat Debate**

For simplicity, this book will assume that you wish to follow either a raw vegan or raw vegetarian diet as most raw food eaters do.

However, there are still some choices to make. The main one is often referred to as 'fruit versus fat' because it centers around whether you get most of your

calories from carbohydrates (mainly fruit) or fat (oils, nuts, nut butters, avocado, etc).

Supporters of the high fruit diet tend to assume, with the majority of the population, that dietary fat is bad for us. Supporters of the fat-based diet say firstly, that this is not so true of raw fats and vegetable fats, and secondly, that fat in itself is not dangerous if we do not consume the high amounts of sugar found in the standard western diet.

The high fruit diet may be more likely to cause some of the negative effects that have been associated with raw food diets in some research. These include zinc deficiency and loss of bone density associated with low calcium intake. In addition, the acid and natural sugars in fruit can be very damaging for the teeth.

Fat does have the advantage that it will make you feel full and keep on feeling full for longer, with fewer cravings, on the same amount of calories. This is part of the theory behind low carb diets and it is particularly important for people who want to lose weight. If you don't get hungry, it is a lot easier to stick to your raw food plan, eat normal sized meals and avoid binges on either junk foods, cooked foods or high calorie raw foods.

Therefore we recommend that when you start out on the raw food diet, you do not try to do a low fat version. You can reduce the amount of fat in your diet later if you want, but in the beginning it is important to explore all of your new options to keep your diet varied and satisfying so that you stay motivated to reap all of the benefits of the raw food regime. So allow yourself raw nuts, fresh coconut, avocado and cold pressed oils in high enough quantities that you feel satisfied, without bingeing.

But see chapter 6 for which nuts and oils are likely to be truly raw, and which are usually heated above 118°F before they reach you.

If you have candida issues (e.g. yeast infections) then you will certainly find a fat-based raw diet better than a fruit-based raw diet in the beginning. In particular you should avoid dried fruits and sweet fruits such as bananas. After a little time you will probably find that your candida issues decrease, and then you can add more fruit into your diet.

## **More About Nutrition**

If you tell people that you are following a raw vegan diet (or any vegan diet) one of their first questions will be, ‘Where do you get your protein?’

In fact, protein is not an issue on a raw food diet at all. As we said in chapter one, major sources of protein include nuts, seeds and sprouted legumes. However, there is also protein in vegetables. In fact, it is difficult NOT to get enough protein in your diet if you are consuming enough calories to survive. As for the ‘complete protein/incomplete protein’ idea that you will hear from some meat eaters, that is a myth.

Depending on the style of raw diet that you choose and your personal food preferences, getting the recommended amounts of vitamins and minerals may be more of an issue.

Vitamin and mineral tablets, of course, are processed and therefore many raw food eaters prefer not to use them. However, vegans are always recommended to take a B12 supplement because vitamin B12 is only available from animal

products. The body can store several years' supply of B12 so if you are just switching to raw and have been eating meat, eggs and/or dairy products in normal quantities until now, this will probably not be an urgent problem, but it is something to consider for the future. B12 deficiency can have serious effects including irreversible brain damage. If you do not want to take supplements, at least have your B12 levels tested once or twice a year.

For sure, it is possible to construct a 100% raw diet that covers all of the vitamin and mineral requirements (with the exception of B12 if you are vegan). But many people do not bother. In fact, some argue that the raw food diet increases the body's ability to absorb vitamins and minerals so that we need less. Others believe that when we cut out junk food and turn to a completely natural and wholesome diet, we become more aware of our nutritional needs and start to crave the foods that we actually need instead of those that please our spoilt tastebuds.

However, you can easily track your nutrition on your computer using free software (see the Resources section at the end of this book) and we highly recommend doing this if you plan to stay on the raw diet for a long time. That way, at least you will know if you have a serious under-consumption of something essential. You will find that it is easier to get the full complement of vitamins and minerals if you are eating a wide range of nuts and seeds.

Keep in mind, though, that most people on a standard western diet are probably nowhere near the recommended amounts for all vitamins and minerals. So if your friends, family and colleagues give you a hard time about the nutritional content of your raw food diet, ask them if they keep a food journal and track their own nutritional intake. If not, what right do they have to judge yours?



## The Superfoods Debate

With all the people who are interested in raw food, it's not surprising that a market has opened up in catering to them with special foods. Some of these are going to be useful for most people. For example you can get truly raw cashew nuts online from specialist raw food suppliers, while the regular cashews in the store that we think of as 'raw cashews', are not raw, because they have been heated to high temperatures to remove the shell. Of course, truly raw cashews are more expensive than the regular kind, so if you are on a tight budget you may want to substitute with something else, e.g. pine nuts. But raw cashews make a great occasional treat.

Raw chocolate is big business. Here you have a choice: raw cacao beans that you can grind yourself in a coffee grinder, ground cacao powder, or ready made raw chocolate bars where no ingredient has been heated over the magic 118°F - or so the makers say. They are delicious, and they are apparently 100% raw, but they are not cheap.

Then there are the superfoods that our parents and grandparents probably never heard of. Maca, lucuma, mesquite, açai powder ... all are said to have special properties, and perhaps they do. But before you go ahead and order hundreds of dollars worth of superfoods from an online store, consider how far these extracts and powders are distanced from the 'pick it off the tree and eat it' ideal of the raw food diet. Is it food, or is it marketing?

### 3. Joining The Raw Revolution

So you have decided to go raw: congratulations! You are almost certainly headed for a healthier lifestyle than you have ever had.

Now, how do you start? Do you jump right in with both feet, or do you go gradually?

It's entirely your choice. However, as we said earlier, in some cases it may be dangerous to switch to eating 100% raw overnight. The detoxifying effect can be very strong for some people. Toxins can be released into the bloodstream, circulating around the body before they are processed by the major organs and excreted. This can be overwhelming for organs such as the liver.

Most people can expect some detox symptoms in the first few days such as headaches, digestive disorder, cough, runny nose. If your caffeine intake has been high (more than 3 servings total per day of coffee, tea or caffeinated soda) then you will almost certainly have caffeine related headaches unless you wean yourself off the caffeine gradually. In the same way, you can reduce detox symptoms by transitioning to raw food gradually instead of switching to 100% raw immediately.

## Transitioning To Raw

A good way to transition to raw is to start by having a 100% raw breakfast and raw snacks, and add a 100% raw dish such as a salad, melon etc as a first course at your other meals. After a week or two, make your lunch 100% raw too. Then after another couple of weeks, convert your dinner to raw so that you stop having all cooked or processed food.

While you are in transition, keep in mind that what type of cooked food you eat is very important too. So while you are still having one or two cooked meals, slowly add in more vegetables to those meals and eliminate packaged foods and anything containing sugar.

## Raw Food Hints And Tips

### *Sprouting*

Many of our foods have the potential to sprout into new plants, if they have not had the life cooked out of them. In effect, they are seeds, although we may call them nuts, grains, legumes or beans. All of these foods can be germinated at home, simply by soaking them and then rinsing them twice a day until the shoots of the new plant are seen. In this state they are wonderful living foods with huge numbers of enzymes and lots of growth energy.

Sprouting is a simple and fun way to grow your own food without even having a garden. Just be sure to avoid red kidney beans and buckwheat sprouts, which are not good for us to eat.



## ***Soaking Nuts And Seeds***

Even if you do not want to go so far as to sprout your nuts and seeds, it is a good idea to soak them before consumption to restore them to life. Nuts and seeds go into a kind of hibernation state in nature, producing growth inhibitors that prevent them sprouting before the warm wet weather of springtime comes along. Soaked nuts and seeds lose these growth inhibitors, which are not so good for us, and become much more nutrient dense as they prepare to germinate.

As a general rule, seeds like pumpkin or sunflower require 2-3 hours soaking and nuts around 8 hours (4 hours for cashews). Just put them in a glass of water at room temperature, and drain when they are done. Throw away the soaking water which will contain the growth inhibitors and rinse the soaked nuts or seeds. You can then dry them on a cloth or kitchen paper or put them in the dehydrator to dry off.

Most varieties will keep in the refrigerator for a few days but be sure they are dry on the outside before you store them. You will find they taste delicious and they are much easier on our teeth after soaking.

Of course there is no point in soaking nuts or seeds that are not raw. Nothing can bring back to life a nut that has been heat treated during shelling. Check our list in chapter 6 to find out which nuts and seeds are usually truly raw and which are not.

## 4. Your Raw Kitchen

It is possible to go raw with no kitchen equipment at all, but for most people, this is an exciting time when we want to experiment with all the gourmet recipes out there. In fact, most people who go raw find that they tend to make a lot of gourmet raw meals in the beginning, and then their diet gradually becomes simpler as they get into it.

So to make these raw recipes there are certain things that you will want to have in your kitchen.

### **Food Processor**

If you don't already have a food processor this will be the at the top of your wish list when you go raw. It saves a ton of time chopping vegetables. Used food processors are cheap, easy to find and often in great condition.

### **Juicer**

There are many different types of juicer on the market. The cheapest regular juicers are okay if you don't plan to make a lot of juice, but there is often a lot of waste and they don't handle leafy vegetables too well. Masticating juicers will give you less waste and more versatility, and you can often make nut butters in them too. So if you are in the market for a new juicer, do not buy the first one that you see. Check out all the different kinds and research user feedback on raw food forums.

## High Speed Blender

One of the best and fastest raw food treats is a smoothie, and you can make these in seconds with a high speed blender. You can also make raw 'soups' of blended vegetables. A regular blender will cope with most fruits and softer vegetables, but what about when you want to add something like carrots to the mix? If your current blender is not up to the mark, consider a Vita-Mix or another good quality high speed blender to replace it.

## Coffee Grinder

Not for grinding coffee, of course, but for nuts and seeds. Perfect for grinding flax seeds for flax crackers.

## Dehydrator

Some people love making and eating dehydrated foods and others don't. Things like flax crackers are a great replacement if you adored bread, crackers and crunchy savory snacks. The only way to find out if you like these foods is to buy or borrow a food dehydrator and try them. Used dehydrators sell very easily through eBay® or raw food message boards, so it's not a huge problem if you find you don't use it, especially if you buy a used one in the beginning.

Look for a dehydrator that has a temperature control. This is very important so that you can dry your foods as fast as possible without going over the 'magic number'. Be aware you will need to leave the dehydrator on for 12 hours or more depending on the recipe, and the air fan does make a little noise. If you are in a one room apartment this could be annoying. If not, go for it.

## **Sprouting Jars Or Trays**

Most health food stores sell some type of sprouting equipment. You can sprout grains and legumes without it, by just rinsing them and leaving them spread out on plates, or covering glass jars with muslin. However, this type of equipment is usually cheap and saves a lot of hassle.

## **Spiralizer**

These are great for making zucchini noodles (or 'zoodles'). You will get spiral ribbons or spaghetti-type noodles that taste great with a tomato based sauce, olives, nuts or the tomato tahini dressing in our recipes section (chapter 7) - all raw 'pasta' dishes.

If you like raw zucchini this is a must-have. If not, you could try other vegetables in it, but be aware that some brands may not handle very hard veggies such as carrots.

## 5. What's Raw And What's Not

So what is raw and what is not, and why does it matter? Well, let's take the last question first. It is important if you want to be 100% raw to make sure that there is no cooked food sneaking into your diet. Some raw food purists say that they can detect any item that has been subjected to heat over 118°F because it immediately gives them symptoms similar to allergy symptoms, such as a runny nose. They will tell you that they can only stay at their peak of energy and spiritual awareness by staying 100% raw, and this means avoiding anything that has been cooked, processed or heated beyond the magic temperature.

Raw foods are 'living' foods and with some types of food such as seeds and grains you can actually test the brand that you are buying by trying to sprout them. Most seeds and grains should start to sprout within 1-3 days. If they are 'dead' they will not sprout and may become slimy and smell bad. Nuts take longer but you should still see results if you persevere. If mold develops, this does not prove anything either way but means that your sprouting conditions were not ideal. Do not eat any food that has developed mold.

With other foods, it can be tough for beginners to know exactly what is raw and what is not because frankly there are a lot of people claiming to be following the raw diet who are not eating 100% raw food. Sometimes this is because they make a mistake and think that something like nama shoyu is raw when it is not. Other times it is because they do not think 100% raw is important, or because they like to think of themselves as being in the raw food family without actually wanting to eat all raw foods.

This means that oftentimes, even on raw food websites you will find a ton of recipes that contain all kinds of processed ingredients that cannot be described as raw food. Sometimes there will be a note pointing this up; sometimes there will not.

Now, maybe you will not care yourself. Maybe you will decide to stay 90% raw, or 2 meals raw, or whatever. That is entirely up to you and we do not mean to criticize that way of eating. It is going to be a lot healthier than the standard western diet, especially if the 10% cooked food is made up of wholesome, unprocessed, organic vegetables, meat and fruit.

But we recommend that you at least try 100% raw for a couple of weeks sometime, just so that you get to know how it feels to be truly raw. Until you have done that, how can you decide how raw you want to go?

And just so that you know, for however many raw meals you decide to go for, and for the sake of anyone who wants to be sure that their food is 100% raw all of the time, let's take a look at some foods that some people think are raw but are not:

## **The Deceivers: Cooked Foods In Disguise**

These foods are almost always not raw:

Almonds grown in California, i.e. most US almonds (pasteurized by law)

Shelled macadamia nuts

Shelled brazil nuts

Shelled pecans

Dried fruit

Oats - have been steamed

Wild rice - blanched  
Frozen vegetables - blanched  
Herbs and spices - usually dried at high temperatures  
Seaweeds (nori etc) - usually dried at high temperatures even if unroasted  
Soy milk (boiled)  
Tofu (made from soy milk)  
Nama Shoyu and other soy sauces  
Miso  
Braggs Liquid Aminos ®  
Maple syrup  
Sugar (including 'raw cane sugar' - boiled during processing)  
Beer and spirits (but wine is usually raw)  
Coffee, tea  
Herb tea unless you dried the herbs yourself and use water below 118°F  
Fruit juices that you buy bottled or packaged (pasteurized)  
Coconut milk or cream (pasteurized or cooked)  
Anything containing added sugar or artificial sweeteners

## **The 'Maybe's: Available In Raw - Sometimes**

Cashews - most are heated during shelling, but raw are available online  
Sun dried fruit - may be raw, but temperatures can reach over 118°F  
Frozen fruit - may be treated with non-raw additives for color, check label  
Olives - usually cooked; raw olives are available from specialist online stores  
Tahini - usually processed at high temperatures but raw can be found online  
Almond butter, other nut butters - same as for tahini  
Vinegar - look for apple cider vinegar 'with mother', has sediment in the bottle  
Salt - choose sea salt in crystals, not table salt  
Cacao beans - raw are available online

Agave nectar - look for brands that specify the processing temperature  
Honey - most brands not raw, but raw honey can be found [honey is not vegan]  
Oils - look for extra virgin, cold pressed

## **Truly Raw: The Stars Of The Raw Food Diet**

Fresh vegetables and fruit  
Fresh pressed juice (consume within 15 mins of juicing if possible)  
Nuts in shells (except Californian almonds)  
plus shelled walnuts and hazelnuts (filberts)  
and shelled almonds if not from the USA  
Seeds: pumpkin, sunflower, sesame, flax (all unroasted of course)  
Chick peas, lentils: sprout them before eating  
Quinoa, wheat berries, other whole grains: sprout them before eating  
Cold pressed, unfiltered extra virgin olive oil  
Organic wine

## **A Note About Frozen Food**

Vegetables that you buy from the freezer section in the grocery store are not raw. They have usually been blanched (cooked for a short time) to preserve texture, and often have non-raw additives to preserve their bright fresh color, as well as refined salt or sugar which are not raw. Frozen fruit from the grocery store is more likely to be raw, but still may contain non-raw additives.

Many raw food eaters do eat food that they have frozen themselves. You will see recipes for 'ice cream' made with frozen banana, for example. The rationale seems to be that if it has not been heated, it is OK. However, while



enzymes in food may be able to survive freezing for a short time, it does seem to do weird things to them.

When food is frozen, the water separates out from the cells and freezes, while everything else is stored in dehydrated form. In other words, freezing changes the cellular structure of the food.

This is marked enough to be evident from the appearance of the food. If you put a banana that has been baked and then peeled beside a banana that has been frozen and thawed, you will see that they are very similar in appearance and texture and even taste, while a fresh banana is completely different.

Therefore, some people consider that all food that has been frozen is processed, denatured and not raw. Why not make 'ice cream' with a fresh banana and a couple of ice cubes in the blender?

## 6. Living Raw In A Cooked World

Many people expect going raw to be extremely difficult, and are stunned when they find it's actually quite easy. It's easy to be satisfied with natural, healthy foods. It's easy to stop eating the things we thought we were addicted to when there are so many new, exciting and delicious foods to discover.

However, staying raw is not always so simple, and if you are not well prepared, sooner or later something will come along and trip you up.

### How To Handle Restaurant Meals

There are more and more raw restaurants opening up all the time, and it is worth finding out if there is one in your city. But now we will take a look at how to handle meals in non-raw restaurants.

As with all special diets, it is best if you can talk to the restaurant ahead of time. Call at a time when they are open but not busy, and ask if they will be able to fix you a big salad with all fresh, raw ingredients and no dressing, and several pieces of fruit for dessert. Take dressing with you. You may also want to take some nuts that you have soaked and maybe an avocado.

If you don't have the chance to call ahead of time, you will need to negotiate at the table. Look at the menu to see what they have in the kitchen. For example they may list one salad with chicken and avocado, another with walnuts and cheese. So they should be able to fix you a salad with avocado and walnuts, even if it isn't shown on the menu.

Equally if they have fruit salad on the menu, then they probably have fruit. But don't order the fruit salad, it is sure to contain sugar and/or pasteurized juice.

## **How To Handle Eating In Somebody's Home**

This can be a tough one. The answer is almost always to take your own meal. However, this will upset some people who cannot handle the fact that you do not want to eat whatever it is that they have prepared. Again this will go much better if you talk to them ahead of time. Don't expect them to prepare something 100% raw for you, but tell them that you will bring your own main dish, and it would be great if they have some fruit for dessert, or whatever.

Most people will be fine with this but some may not and it is most likely to be family where you have the problem. The emotional currents can run pretty high here, especially with mothers and grandmothers who may equate love with feeding. You will need to be firm and clear if you plan to stay 100% raw around them. Taking an attitude of 'no apology and no negotiation' works best, while always remaining grateful and appreciative of all the love and care that they are trying to give you along with their home cooked meals.

## **How To Handle The People You Live With**

If you have a spouse, live in partner, roommate or children over the age of about 2 years, don't expect them to go raw with you - at least not right away. Some of them may be interested and happy to have some raw meals or dishes. For example, you may be able to get them to share your salad before they start on their burgers and fries. Others will take a while even to consider that.

If you are the main cook of the household, this probably means that you are going to have to start preparing different food for yourself but still make the same old stuff for them. It is time consuming but otherwise, not a problem, provided you are not tempted to take a bite of whatever it is that you are cooking. To avoid temptation, make it clear to everybody what you are doing, and make sure that you have your own delicious raw food recipes and don't get too hungry while you are cooking for the rest of the family.

If somebody else is the main cook of the household then you will have to do some negotiation. Probably you will start preparing your own meals. This should work out fine unless you are in a powerless position, e.g. you are a young person without enough money to buy your own food and your parents are unsympathetic. The only option here may be to try to persuade your parents to buy more fresh fruit and vegetables and go as raw as you can while making sure that you get enough to eat. Remember, it is better to eat some 'healthy' cooked food than to go hungry and start bingeing on junk.

## **Can Children Go Raw?**

If you have young children and would like them to go raw with you for the sake of their health, please keep in mind that kids require proportionally more of certain nutrients (especially calcium and some vitamins) and the raw vegan diet may not contain enough.

In addition, children under 5 will not be able to eat the exact same foods as you. They will need more fat and less fiber in their diet, or their small stomachs will become full before they have consumed enough calories.

It is also vital to think about vitamin B12 on a vegan diet. Young children do not have so much stored B12 as an adult and deficiencies have long term consequences for them. So before putting young children on a raw diet, research the options thoroughly and consider consulting a professional.

Above all, please do not experiment on your kids. If you do not get this right, your kids could end up in worse health than if you fed them a regular cooked diet.

Any child over toddler age will complain bitterly and perhaps refuse to eat if forced into a change of diet, especially if they are used to a lot of sugary and salty foods. Transition is the keyword here. Perhaps they will never be 100% raw but you can probably get them to eat at least a raw fruit breakfast and some raw vegetables with their meals.

Try them with different raw vegetables. Kids like to eat one thing at a time, so they will often eat individual raw vegetables if served separately (cucumber, red pepper, tomatoes, etc) while they will not touch a salad that has the exact same things mixed together.

Smoothies are very popular with kids. Add greens to boost the mineral content of a banana and strawberry breakfast smoothie ... let them drink it through a straw for a treat ... or serve in a closed drinking cup so that they cannot see the icky green color!

## How To Handle Cravings

When you change your diet in any way, you can expect some cravings for the first few days. If your new diet is a healthy one, the cravings will soon disappear. However, sometimes you will have cravings for non-raw foods even after you have been on the raw diet for a while. Sometimes these are aroused by the smell of cooked food, and easily dealt with by removing yourself from around that smell or eating something else.

**Cravings for favorite dishes** can often be handled by looking for recipes for a raw imitation. For example you will find raw 'pizza' and 'pasta' recipes online. These may or may not taste like the original, but they are delicious anyway. You can also find recipes for 'cheese' made with nuts which actually tastes like cheese.

**Cravings for salty foods** can be an indication that you need more sodium in the diet. Try eating more celery, which has a higher sodium count than most other vegetables, or add a little sea salt to your food occasionally.

**Cravings for sweet foods** can be assuaged with a huge and luxurious fruit smoothie. But within a few days of going raw, you will almost certainly find that your tastes change and foods like carrot and squash will taste sweet. At that point your cravings for sugary sweets will disappear, except for ...

**Cravings for chocolate.** This very specific craving is supposed to hit women in particular around their time of the month. Try making raw chocolate brownies (see recipes, chapter 7).

**Emotional cravings.** As we will see in the next section, a time will come when you need to let go of food being the main focus of your day, if that is how things have been until now. However, the very beginning of your raw journey is probably not the time to do that. So when you have cravings resulting from stress or unhappiness in other aspects of your life, take a raw recipe book and find something a little complicated that you guess you will find delicious but would not normally take the time to make. Then go get the ingredients, make it and eat it. This is a great replacement for 'comfort eating' of junk foods because it allows you to focus on yourself and your food and push the cause of your stress to the background, temporarily.

## **Letting Go Of Food**

A lot of us have made food the center of our lives. This applies especially to people who are overweight or who have had eating disorders. Preparing and eating meals, snacks and food treats may be the most fun we have in an average day and it easily becomes our way of nurturing ourselves and our loved ones. When we first go raw, we have a lot of fun experimenting and if anything, food becomes even more important. But sooner or later, eating raw is going to become routine. And what happens then?

What happens then is that it is time to let go of food as the main focus of our lives. For some people this will happen naturally; for others, it is hard and we need help with it. If we don't get help we may look around for a new way to make food important - probably a new diet, and then another, and then another, until we come to the end of our lives and all we did was eat.

So be aware that further down the road, you may need help letting go of food and finding a new focus for your life. That help can come from many sources: family, friends, counselors. Ask for it if you need it.

The new focus may be a class, a new hobby, your spiritual life, a home business, a new career. Just be aware that your life as it is now may not be fulfilling enough for the new raw you with the extra energy that you will have, and be alive to the new possibilities that will naturally open up for you. Don't be tempted to drift back into anesthetizing yourself with junk food.

You are worth it - and so is being truly raw!



## 7. A Few Simple Recipes

This is not a recipe book - you will find many of those both online and in the bookstores, and I encourage you to explore them all. But just to get you started, here are a few of my own personal favorites.

### Cauliflower 'Couscous'

50g raw cashews (soaked for 2 hours) or pine nuts

Approx 300g cauliflower

2 Tbsp olive oil

1 Tbsp lemon juice

Plus some of the following:

- 1/3 red pepper, sliced

- 2 sundried tomatoes\*, soaked for 2 hours and chopped  
or cherry tomatoes, halved

- 1 or 2 green onions, chopped

- 5 raw olives, stoned

- Fresh parsley or shredded spinach leaves

Chop cauliflower in food processor.

Separately, chop cashews or pine nuts in food processor.

Beat olive oil and lemon juice together with a fork.

Mix all ingredients in a bowl.

\* choose the dry type of sundried tomatoes, not the ones in oil.

## Olive Pâté

100g almonds, soaked overnight, skins removed after soaking

½ cup (118 ml) raw tahini

Juice of ½ lemon

1 small tomato (approx 50g)

1 sundried tomato, soaked for 2 hours (optional)

50g raw olives

1 Tbsp olive oil

Remove stones from olives.

Grind almonds in coffee grinder.

Blend or process all ingredients except oil and ground almonds.

Add oil slowly into the blender/food processor.

Mix in ground almonds by hand.

Press into a bowl.

This is very filling: serves 4 as main dish with salad.

Keeps for up to 7 days in the refrigerator.

## Tomato Tahini Dressing

1 large tomato (approx 100g)

1-2 Tbsp raw tahini

Blend.

This is great on chopped broccoli or shredded cabbage.

## Raw Chocolate Brownies

125g raw cacao beans or raw cacao nibs

125g hazelnuts (filberts), soaked for 8 hours

125g lucuma powder\*

3 Tbsp raw honey, agave nectar or yacon syrup

A little water

Grind cacao beans or nibs in coffee grinder. Put into large mixing bowl.

Grind nuts in coffee grinder. Add to mixing bowl.

Mix in lucuma powder and honey/syrup to make a crumbly mixture.

Slowly add water 1 Tbsp at a time until you have a thick doughy consistency, so that the mixture will all stick together in a big ball.

Press into a square or rectangular plastic storage container and refrigerate.

After a few hours you can press it out of the container and cut into squares.

Brownies will keep in an airtight container in the refrigerator for up to 2 weeks (but if you like chocolate, they are not likely to last that long!)

\*If you do not have raw lucuma powder, use a little more honey/syrup to taste. You may not need any water.

## Chopped Butternut Squash

1 small to medium butternut squash

2-3 Tbsp pumpkin seeds

1-2 Tbsp raw almond butter

Soak the pumpkin seeds for 2 hours then dry on kitchen towel (unless you prefer to use the fresh seeds out of the squash).

Peel squash, slice in half and remove pulp and seeds.

Chop the squash in a food processor.

Dilute almond butter with a little water, mixing with a fork to a creamy consistency. Mix this in to the chopped squash and add pumpkin seeds.

Add other vegetables if wished, e.g. red peppers, tomatoes, fresh herbs

You can also make this with carrots instead of the butternut squash.

## 8. Resources

**Raw Reform** (weight loss and physical and emotional effects of going raw):  
<http://www.rawreform.com>

**Gone Raw**, huge resource for recipes:  
<http://www.goneraw.com>

**Give It To Me Raw**, discussion forum:  
<http://www.giveittomeraw.com>

**Cron-O-Meter**, free software for tracking nutritional data:  
<http://spaz.ca/cronometer>

### Online Stores:

**USA:** source for raw cashews, cacao beans and superfoods:  
<http://www.sunfood.com>

**USA:** source for raw tahini and nut butters:  
<http://www.rejuvenative.com>

**UK:** sources for raw cashews, cacao beans, superfoods, tahini and nut butters:  
<http://www.detoxyourworld.com>  
<http://www.funkyraw.com/shop>

**Australia:** source for raw cashews, cacao beans, superfoods, olives:  
<http://raw-pleasure.com.au/Organic-Food>

*Some of the products at some of these stores are not raw. Check details or contact the store if you are not sure about a particular product.*

*Please note that we are not affiliated with any of the above suppliers. These links are given for information only and do not constitute a recommendation.*