

Raw food diet report



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Raw Food Diet Report Raw Food Diet Report A raw food diet involves all the foods that are still in the natural meaning they have not been processed, exposed to chemicals/pesticides, or cooked. These foods include; vegetables, grains, and fruits. It is the belief of countless raw food experts that no food should be cooked above 47 degrees Celsius, lest it loses all its natural enzymes. Individuals who strive to follow this diet do so with the intentions of becoming closer to nature. This association is sometimes related to some spiritual, environmental, psychological and even social ideologies among certain societies (Ungar, 2007). The benefits of raw foods can be seen and felt in society today as these dietary changes continue to evolve enabling individuals to escape the fast lifestyle that was and is still developing in many parts of the world.

The natural enzymes that are found in these raw foods often combat diseases that make their way into the body, and at the same time, work on improving digestion. Minerals, vitamins, and fiber are the main elements in these foods and are essential in boosting the immune system's functions. Due to the lack of high sodium, fat, or calorie content in these natural foods, assumptions are made that they assist individuals in reducing weight. Eating fruits and vegetables may assist in keeping blood pressure and cholesterol at bay (Ungar, 2007). This is if this pattern is complimented by low fat and salt consumption. As this diet assists in controlling body weight, it is assumed that it may also assist in controlling or regulating diabetes.

There are some limitations to following a diet that simply revolves around raw foods. Protein, an essential element in the development of an individual, may present a challenge for some the raw foods present. Seeds and nuts can provide these protein needs, but they need to be consumed in rather large

quantities in order to fulfill the dietary requirements. In order to acquire certain vitamins found only in animals, for example; vitamin B12, individuals on a raw food diet may be required to use supplements to satisfy this dietary requirement. Calories may be seen as a detrimental aspect in countless diets, but it is essential in the human body. Raw food diets and their low calorie content require that individuals consume a lot in order to satisfy this requirement in their diet (Ungar, 2007).

Raw food diets may run into the issue of poisoning, especially if there is the issue of being undercooked. Individuals who eat meat may want to pay close attention to this problem as it poses great challenges to their diet. The safety of foods is an issue not only for raw food, but for all foods in an individual's diet. It is possible to be on a raw food diet, and have problems with bacteria in these foods. Cooking sometimes helps in getting rid of these harmful bacteria, thus; preventing any forms of food-borne ailments (Ungar, 2007). One interesting fact that comes up with the raw food diet is that it began in the late 1800s. A doctor, Maximilian Bircher-Benner, realized the potential of raw foods after this diet helped him treat his jaundice after consuming raw apples.

Reference

Ungar, P. S. (2007). *Evolution of the human diet: The known, the unknown, and the unknowable*. Oxford: Oxford University Press.