



Fast Facts: The Raw Foods Diet

- The raw foods diet consists primarily of raw, minimally processed fruits, vegetables, nuts, seeds, sprouted grains and legumes.
- Raw foods contain live enzymes that aid in digestion, which activate as they are consumed. Heating foods to temperatures beyond 118°F causes those enzymes to begin to die, destroys nutrients and vitamins, and alters the natural metabolic structure of the food. The optimal temperature for preparing raw foods is 105°F.
- Like vegans, raw foodists do not consume animal products of any kind (with the exception of honey and bee pollen). However, the raw food lifestyle goes further by excluding any foods with chemically processed or pasteurized ingredients.
- The equipment needed to prepare raw foods is minimal when you compare it with what you need to cook with heat. The basic tools include: a dehydrator, a food processor, good knives, a blender (preferably a Vita-Mix), and a cutting board.
- People who adhere to a raw foods diet report feeling happier, sexier, more vibrant and energetic and assert they can spot other raw foodists in a crowd due to their unusually clear skin, glossy hair and shining eyes.
- A few of the more well known raw foodists include: Demi Moore, Mel Gibson, Uma Thurman, Jason Mraz, Sting, Angela Bassett, Woody Harrelson, David Bowie, Lisa Bonet, Robin Williams, Donna Karan, James Brolin and Alicia Silverstone.
- According to the popular raw foods blog “We Like It Raw”, there are currently about 125 raw food restaurants in the U.S. including 105degrees. This list is not complete, however, and some estimate the number to be closer to 300.