



eat fresh, eat Colorfully...

In This Brief

Eating Raw

Can add new vitality and healthy nutrition to your diet

Raw Foods are uncooked and unprocessed

As close to nature and the earth as you can get.

Raw Foods are beneficial to your health and immune system

Raw foods contain all of the nutrients mother nature intended.

Eating Raw doesn't have to be hard

Start slow, ease into a Holistic approach to your diet

"The shorter the chain between raw food and fork, the fresher it is and the more transparent the system is." - Joel Salatin

**"Most brown bread is merely white bread with a fake tan."
-Joel Fuhrman, Eat to Live**

Eating a Raw Diet

by Ray Orndorff

Introduction

When's the last time you sat down for lunch or dinner and had a salad? Ever eat a piece of fruit from the stand alongside the road? How about the last time you grabbed a handful of carrot sticks for a quick snack? You are eating raw! There was a time before farming, before horticulture really, where we were all hunters and gatherers. We ate what we found, usually raw and uncooked. Think berries, grasses, nuts & seeds.

All of us today eat a portion of our diet raw every day. It's our choice, or the chef's choice, if we prepare it beyond its natural state. Eating things closer to its origin of growth brings the most flavor, nutrients, and wellness to our bodies.

Raw Defined

Raw food is fresh, whole and devoid of chemicals used in the growing process. It is also not chemically processed or heated above 105 – 118 degrees. It comes from our major food groups like fruits, vegetables, sprouted seeds, nuts and grains, sea vegetables and natural fats (source: Going Raw, Judita Wignall, 2011, pg. 11). In today's world, raw allows for minimal mechanical harvesting, freezing, and dehydration. It is typically void of any animal products, however, there are no hard and fast rules of the road here when it comes to dairy products, eggs, etc. The general rule is to eat as close to the earth and your locale as you can and as close to its natural state.

Why go Raw

There are many benefits from eating this type of diet from a health perspective. Most in the medical profession agree that a whole list of chronic illness starts from inflammation, which is caused in part by the lack of nutrients we take in, along with ingestion of other carcinogenic materials our foods gather thru the process of cooking. Other benefits include; richer in Certain Nutrients, assist in losing excess weight, lower blood sugar levels & improve kidney function, help protect against certain types of cancer, potentially lower your risk of Heart Disease, & reduce inflammation and joint disease.

Scientifically it has been proven that cooking foods reduces the nutrient level of the food you take in. While these percentages vary widely, based on the research, it falls somewhere between 20 and 40 percent of its original nutrients. Boiling, sautéed, steamed, grilled, or baked, they all lose varying degrees of nutrient value.

In the end, most people just plain feel better, sleep better, and have more energy when eating raw foods.





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How hard to do is it really?

Eating raw is a lifestyle choice. Have you ever tried the little social experiment with moving your watch from one wrist to the other and leaving it there for a few hours? It can feel a bit awkward; you look at your watch-less wrist for the time of day, but if you leave it on the opposite wrist long enough it becomes 'normal'. Eating raw is much the same. If we choose to eat raw you must plan. It requires thoughtful meal planning, shopping, and advance preparation. Before you make this change its helpful to think about the degree to which you will go raw, in other words will I dehydrate, dry, or use other techniques that will take time. Since you are not cooking meal preparation is quick and straightforward provided you have all the ingredients and advance prep done like dehydration. With the advent of the internet a lot of the prep can be done for you. For example, buying cashews that have been soaked and dehydrated from a reputable source. Some of the foods can be obtained at your local co-op or natural foods store.

Summary

The bottom line is we all eat raw, usually every day. Eating raw is a lifestyle change that can be adopted to varying degrees to help with various health related issues or conditions. How far you take the raw aspect is up to you. Try it out first, ease into just eating only raw foods one or two days a week. Prepare by looking for recipes on the internet, joining a blog, or buying a book. It's easy to get started, and I am confident that any change to a more natural eating lifestyle will bring you better health.

Eat fresh, eat colorfully, and enjoy the path you've chosen for your health and wellbeing. For further information on how you can incorporate easy, colorful plates into your diet please reach out to me at ray.orndorff@cookingandcolor.com.

Enjoy!