

Raw Food

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The raw diet is also sometimes called a live food diet, because it is based on eating foods that are only processed at temperatures not exceeding 42 °C. Often, instead, the processes of germination, soaking, blending or drying in special appliances that conform to its requirements are used. This is essentially a vegetarian, or rather, vegan diet.

The main component of the diet consists of fruits, vegetables, seeds, nuts, legumes, cereals and cold-pressed oils, that is, at first glance, only high-quality and healthy foods. As with the vegan diet, however, the risk of deficiency of certain vitamins and elements that are essential for the body and contained more in animal diets – that is, vitamin B12, calcium, iron, etc., and, if the diet is not well thought out and does not include the proper combinations, proteins as well. Moreover, due to the large quantities of nuts or dried fruits, this can be a diet rich in fats and sugars, and thus may not necessarily be ideal for weight reduction. Additionally, for some individuals these foods may be relatively difficult to digest.

Also, considering the climate in which we live, a strictly raw diet is not suitable (and especially not for children or women who are pregnant). Nevertheless, there is nothing to prevent occasional inclusion

of raw foods in one's meal plan. These could be an interesting spicing up or inspiration for those not afraid to experiment, and, if we ignore the time necessary for germination or soaking, preparing raw foods is relatively fast.

And let's be honest, our western diet, accustomed to the consumption of manufactured or processed foods rich in various additives can definitely benefit from including raw foods. Just watch out for the desserts, which tend to be very tasty, but most of which are relatively abundant in energy - often because they usually include dried fruit, which is a major source of sugar, and then nuts, which contain large amounts of fat.