

Can A Raw Food Diet Help You Lose Weight?

While raw foods are not new, the focus on eating plans that focus on them are and this trend in healthy eating appears to be gaining strength across the country. The focus of the diet is on eating uncooked, highly nutritious foods - fruits and vegetables. Of course, these foods are low in calories and extremely good for you, but eating them raw or uncooked is favored as it is believed that they lose nutritional value when cooked. Those who subscribe to the raw food diet eat fruits, vegetables, nuts, seeds, and legumes. They drink unpasteurized milk, water, juice, and tea. It is a revolutionary way to eat, but also a natural way and many of those who follow this way of eating say it keeps them thin and healthy. However, while the raw food diet is rich in some nutrients, it lacks others. Although fruits and vegetables do have some protein and calcium, this diet may be lacking in these things. Experts are torn on whether it is healthy as a long term way of eating. Another thing to consider when taking up a raw food diet is that most of the fruits and vegetables that you see in your supermarket are loaded with pesticides. Therefore, it might be best to consume only organic raw food. If you decide a raw food diet is for you, you might consider supplements to compensate for the nutrients this diet is lacking. Some supplements to consider include vitamin B12, copper, zinc, and chromium. Also, proteins from plants do not have the same amino acids as animal protein so you'll have to consume a variety of different types of raw foods in order to remain healthy. Some medical experts see great benefits in the raw food diet. In addition to enabling weight loss, the diet can ostensibly increase one's metabolism, making calorie burning easier. Some medical experts have also suggested that a raw food diet is a good antidote to eating disorders. In addition, it can help make your immune system stronger, and help the body rid itself of harmful toxins. Some supporters even claim that eating raw foods improves the look of their skin. A raw food diet is not recommended for children, women who are pregnant, people suffering from osteoporosis, and those who are anemic. If you try a raw food diet, you should plan your meals in advance to insure that you are receiving the maximum amount of nutrients. Also, it can be time consuming to prepare all the foods you need so make sure that you set aside the time to chop, blend and puree for each meal every day.

About the Author

Explores the role of diet in birth defects and genetic disorders. Includes nutritional links to disorders such as Down syndrome, cerebral.

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