

# 50 Raw Food Diet Plr Articles

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What is the Raw Food Diet? Have you started hearing about the Raw Food Diet? Its gaining popularity and buzz, not just as a diet to lose weight, but a diet for a long and healthy life. We eat so much in the way of processed food that we dont even stop to think about what were putting into our bodies, and how far weve come nutritionally from our ancestral, agrarian roots. A raw food diet means consuming food in its natural, unprocessed form. There are several common-sense rationales for why this is a good idea. Processing and cooking food can take so much of the basic nutritional value away. Think of some of the conventional wisdom youve heard about for years, such as: If you cook pasta just to the al dente (or medium) stage, it will have more calories, yes, but it will have more the nutritional value in it than if you cooked it to a well-done stage. Or you probably remember hearing not to peel carrots or potatoes too deeply, because most of the nutrients and values are just under the surface.

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