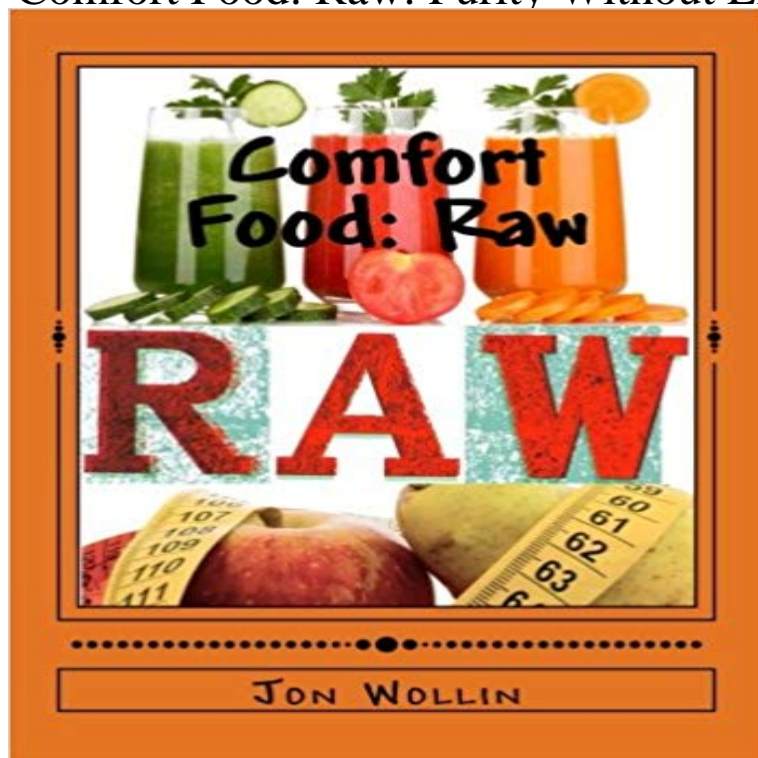


Comfort Food: Raw: Purity Without Limits



Raw foodism is the dietary practice of eating only uncooked, unprocessed foods. Depending on the exact philosophy or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat and dairy products. It may also include simply processed foods such as various types of sprouted seeds, cheese, and fermented foods such as yogurts, kefir, kombucha or sauerkraut, but generally not foods that have been pasteurized, homogenized, or produced with the use of synthetic pesticides, chemical fertilizers, industrial solvents or chemical food additives. Raw foodism can include any diet of primarily unheated food, or food cooked at less than 40 C (104 F) to 46 C (115 F). Raw foodists can be divided between those who advocate raw veganism or vegetarianism, those who advocate a raw omnivorous diet, and those who advocate a 100% raw carnivorous diet.

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