



EATING 101 RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-
A Joint Project Between RU Dining Services and The Department of Nutritional Sciences

The Raw Food Diet

*A Chorus Line...*the Rutgers Football Team...the raw food diet...they are all making a comeback! The raw food diet picked up momentum in the early 1900s and has not slowed down since. Americans of all ages have been happily trading in their ovens for juicers and dehydrators. The raw food diet is a vegan diet (meaning no animal byproducts) consisting of foods never heated beyond 116 °F in order to prevent heat sensitive nutrients from being destroyed. The eating plan for a typical raw foodist might look something like:



Meal	Menu
Breakfast	Fruit Salad and Sprouted Bread with Almond Butter
Lunch	Vegetable Salad with Avocado and Vegetable Juice Cocktail
Dinner	Vegetable Soup with Salad and Raw Pizza
Snack/Dessert	Fruit and Nut Smoothie and Raw Cookies

Raw cookies? Does that mean uncooked dough? Hardly. Items like nuts, seeds, and dried fruit are blended into “dough”, dehydrated to give it a firmer texture, and served as cookies. A raw pizza could be made from romaine lettuce leaves layered with avocado, tomato slices, and olives.

So why do it?: The raw food diet is naturally low in saturated fat and free of trans fat and high in potassium, fiber, and phytochemicals that fight disease. Studies show that a raw food diet results in lower cholesterol and triglyceride concentrations. Certain nutrients (like iron and zinc) can be better absorbed when eaten from sprouted beans and seeds. People also report an increase in energy, improvement in their skin complexion, and less incidences of getting sick when following this diet.

Be smart!: Typical problems with the raw food diet are deficiencies in certain nutrients (vitamin B-12, iron, calcium) due to inadequate caloric intake and the omission of animal foods. Raw foodists face a challenge in making sure that their caloric and nutrient needs are met. A carefully planned menu including a large variety of foods is necessary. A daily multivitamin is a good idea to keep in mind. Also, food borne illness is a possibility when food is not thoroughly cooked. You should always take care to properly clean all produce before consumption

Raw foodist or not, increasing your fruit and vegetable intake is always a great idea!

Bring out the *un-cook* in you!



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