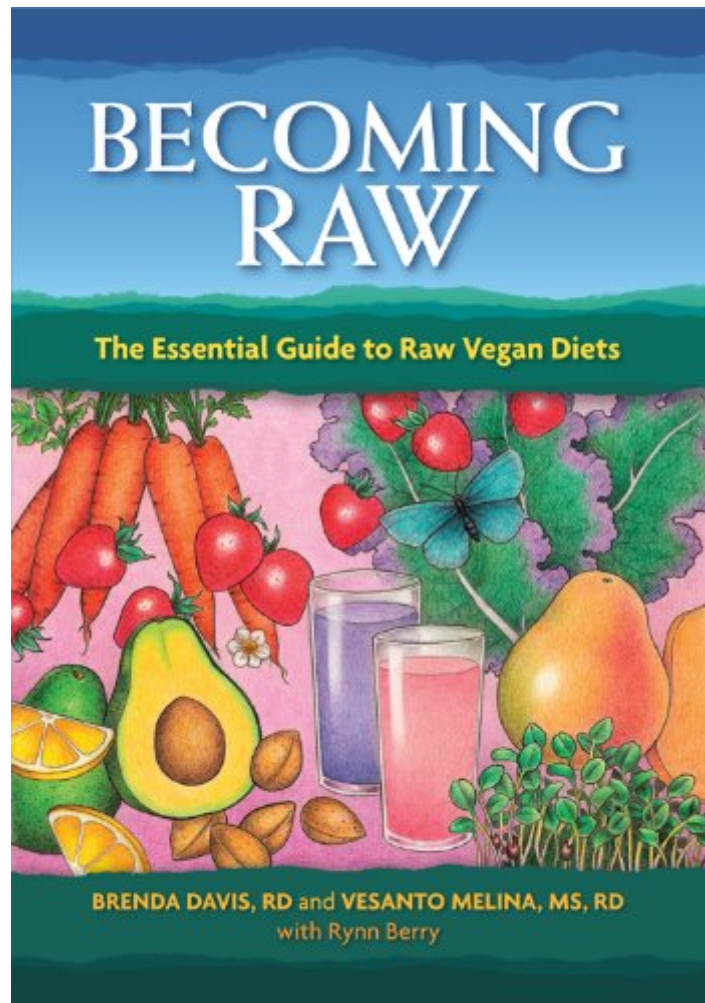


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# Becoming Raw: The Essential Guide To Raw Vegan Diets



## Synopsis

This book contains a wealth of information on the raw food lifestyle. Nutrition experts Brenda Davis and Vesanto Melina once again provide the essential information needed to safely embrace a new dietary lifestyle. As they did for vegetarians and vegans in *Becoming Vegetarian* and *Becoming Vegan*, they present the first authoritative look at the science behind raw foods. And both old converts to raw foods and new recruits alike will be fascinated with food historian Rynn Berry's presentation of the first narrative history of the rawfoods movement in the United States.

## Book Information

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## Customer Reviews

This is so much more than a simple raw food cookbook or commentary on raw food diets. I was surprised at the amount of information packed into this book. It has all sorts of nutritional information and easy to read tables on just about anything you can imagine relating to this way of eating. Here are just a few titles of the tables included: Research summary of the effects of cooking on phytochemicals, Calories, protein, fat, carbohydrate and water in raw food (6 pages long), Fatty acid composition of selected foods, Vitamins in raw foods, Minerals in raw foods, Vitamins A,C,E,K, and

D: adult dietary reference intakes and intakes on raw and high-raw diets. And those are just a few. I like tables because I can get information at a glance and compare different values so this is really a good book for me. You don't have to be a total raw food convert to enjoy this book. Even if you're just thinking about adding more healthful raw foods to your diet, I think you'll find this book as useful as I have. It starts out with a history of the raw food movement, gives lots of scientific evidence on why it can be a healthy way of eating, and then goes on to give all kinds of information, things you've probably never even thought about, on incorporating raw foods into your diet or going totally raw. It tells you what you need to know if you do decide to take the plunge, about getting all the nutrients you need. There is a small section with raw food recipes and another section with full meal menus which I found especially helpful. I'm not looking (yet) to totally adopt this kind of diet but I would like to add a lot more raw food to our everyday meals. The recipes are pretty easy and there are a good variety.

Becoming Raw: The Essential Guide to Raw Vegan Diets is a complete guide to the raw diet- a type of diet/lifestyle that has a strong following and continues to gain more and more adherents. This book covers all of the essentials of the raw diet and more. The reader ultimately becomes much better informed on the subject and completes the book loaded with knowledge on everything related to eating raw. Becoming Raw is a complete guide to the raw diet and, in many ways, it is like reading an educational textbook on raw food nutrition. I am no expert on the subject of nutrition, so I knew there would be much to learn when I opened this book for the first time. My expectations were correct, for Becoming Raw is loaded with information on nutrition and eating raw foods. It teaches you about the building blocks of food, like carbohydrates, protein, fat, vitamins, and minerals. It offers recipes, nutritional tables, and other reference materials. It educates the reader on the many benefits that raw fruits, vegetables, nuts, seeds, and other foods bring to the body. It covers a wide range of topics and serves as a very informative book on this subject. Individuals who are trying to lose weight will find that a diet in raw foods is certainly a good, viable way to drop pounds and many people will read this book for that reason alone. But Becoming Raw is much more than a book dedicated to those who are determined to reduce their waistline. This book is useful to anyone who wants to eat better and learn about the many benefits that a plant- based diet can bestow on the body. A diet rich in these raw foods can, for example, offer protection against cardiovascular disease, reverse the effects of some common ailments, and shorten the span of common illnesses such as the common cold.

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People Who Love to Eat Vegan Raw Food Cookbook Part 2: More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan)

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