

Eating in the Raw



Tami Racaniello
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Adding raw foods into your diet can lead to HUGE benefits for your health. I'm not talking about eating meat raw (though some do), and there are raw dairy products, and of course, sushi, but I am referring to vegan (non-animal derived) food, which is not heated above 118 degrees.

Raw foods are energy producing foods, because they are high in enzymes - enzymes that are lost after the food is cooked. I'm not saying cooked food does not have nutrition (of course it does), but it loses enzymes over 118* degrees.

Anything can be duplicated in raw form. Some chocolate mousse with cashew cream? Carrot cake, chocolate bark with almonds, apple crisp, key lime pie, pecan pie, banana nut bread...all raw, all yumilicious! Okay, I am partial to the desserts, but there's also raw cashew ricotta cheese, lasagne, cold sesame noodles, hummus, pasta, yogurt, almond milk, cereals...Almost anything can be made raw that duplicates the cooked version. If you have a dehydrator, you can even make breads, crackers and cookies. I do full dinners for people complete with hors d'ourves, soup, appetizer, main course, and dessert. And not cooking is great, especially when the weather gets warmer!

There are not a lot of requirements or tools needed to eat raw. Having a good blender and/or food processor is a great start. There are a few rules if you're going to mix raw and cooked food, but they are easy to follow. One example is that you should eat the raw food first, BEFORE eating cooked food. So if you want salad or fruit, have it before the cooked food, or you need to wait a bit after eating to allow the cooked food a chance to get digested.

Once you start adding even a little more raw food into your day, you will definitely notice a difference in how you feel, and in your energy levels! People always comment on my energy. The way I eat has so much to do with that. As a personal trainer, health fitness instructor, wellness coach and raw food chef, I can show you how to eat and still lose weight, without giving up your favorite foods!

If you are raw curious, I have food tastings all the time, and will be glad to put you on my mailing list for events. I also have websites, and names of amazing raw restaurants, that I will be happy to share with you. If you want a Certified Raw Chef for an event, small get-together, or want to learn how to prepare these foods on your own, give me a call!

Tami Racaniello CPT/HFI, Raw Foods Chef

Let me not cook for YOU!

<http://ItsTimeToGetFit.com>

631-793-1945