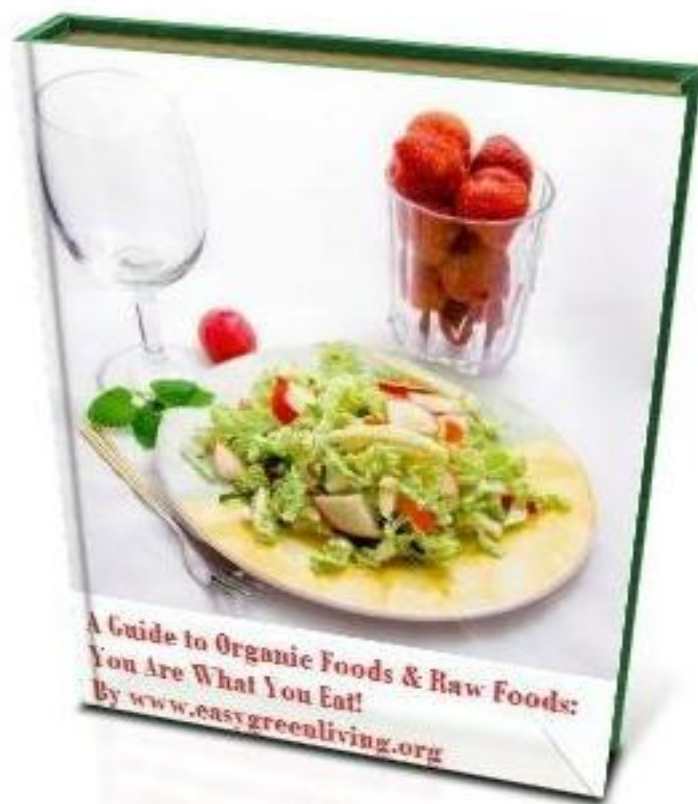


# A Guide to Organic Foods & Raw Foods

You Are What You Eat!

Compiled By [easygreenliving.org](http://www.easygreenliving.org)



**Legal Notice:-** This eBook is for informational purposes only. While every attempt has been made to verify the information provided in this eBook, neither the author nor the distributor assume any responsibility for errors or omissions. Any similarities with people or facts are unintentional. This eBook has been distributed with the understanding that we are not engaged in rendering health, nutritional or other professional advice. We do not give any kind of guarantee about the accuracy of information provided. In no event will the author and/or marketer be liable for any direct, indirect, incidental, consequential or other loss or damage arising out of the use of this eBook by any person, regardless of whether or not informed of the possibility of damages in advance. No part of this eBook may be reproduced or transmitted in any form, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated or signed permission from the publisher.

Copyright © [www.easygreenliving.org](http://www.easygreenliving.org)

## Table of Contents

Table of Contents.....	2
What Are Organic Foods?.....	3
What Are the Advantages of Eating Organic Foods?.....	3
Why Choose Organic Foods?.....	4
What is a Raw Food Diet?.....	4
A Raw Food Diet isn't really a DIET it's a Lifestyle.....	5
Why You Should Give the Raw Food Lifestyle a Try.....	5
Introducing Raw Foods to the Kids.....	6
Why Go "Raw"?.....	7
Transforming Your Diet.....	8
Raw Food Recipes.....	9
Natural Alternatives for Flavor.....	10
Eating Organic and Going Raw Can Get Expensive.....	11
Final Note: This Is Not a Fad Diet it's a Lifestyle Change.....	12
Organic & Raw Food Resources.....	13

## **What Are Organic Foods?**

Organic foods are any type of fruits, vegetables or animals that are unprocessed and unrefined, or that are grown and reared without the use of algacides, herbicides, insecticides, bactericides, fungicides, antibiotics, growth hormones, or synthetic chemicals. Organic reared animals are fed a very healthy well balanced diet and are not genetically modified.

During organic production certain non-organic fertilizers are used. But these non-organic fertilizers, pesticides, herbicides and fungicides are restricted and only used as a last resort and are not as harmful to our health and environment as the ones used during the production of non-organic foods.

## **What Are The Advantages of Eating Organic Foods?**

Including organic foods into ones diet is a great way to improve and maintain ones health, while at the same time contributing towards the betterment of our environment. Aside from the health benefits that one receives when eating these natural Foods, the methods used during the production of these foods are environment friendly. They do not consist of dangerous fertilizers and pesticides that are harmful to the soil and our environment. Therefore they leave the soil fertile and help in the preservation of insects and other small animals.

Contrary to popular belief that organic foods only come in the form of fruits, vegetables and livestock, there is a wide variety of foods that fall in the organic category such as beef, poultry, fish, pastas, sauces, vegetables, fruits, fruit juices, vegetable juices, frozen meals, soups, cereals, grains, nuts, chocolate, cookies, bread, dairy products, sugar, honey, syrup and wine.

These organic foods are processed without the use of artificial colors, flavors, sweeteners, hydrogenated fats, trans fats, saturated fats, additives or artificial preservatives. As a result of this, they taste so much better than non-organic foods because of all the natural flavors that have not been altered in any way by the use of synthetic chemicals.

Non-organic foods on the other hand are processed with large amounts of sodium, sugar, additives and artificial preservatives in order to make them look and taste more appealing to the consumer and in order to extend their shelf life. The nutritional value of non-organic foods is greatly altered by the kind of processing the food undergoes and because of this, essential vitamins, fiber and other healthy nutrients are lost. In an effort to replace the lost nutrients, synthetic vitamins and minerals are added instead.

## Why Choose Organic Foods?

Organic foods contain more nutrients, are richer in vitamins, higher in fiber, minerals, and essential fatty acids than non-organic foods. They also tend to be more filling because of their high nutritional value. Non-organic foods on the other hand tend to be less filling because of their low nutritional value. As a result of being over processed and filled with sugars and salts that are highly addictive, non-organic foods tend to leave you craving for more food, which often leads to over eating.

Organic foods are not loaded with potentially harmful synthetic chemicals, additives, and pesticides which when consumed are digested and stored in human bodies. It's a well known fact that pesticides in food have been linked to many diseases such as cancer, Alzheimer's, some birth defects, obesity and excess weight. According to recent studies organic foods are actually better for fighting a lot of the chronic health problems that plague our society.

## What is a Raw Food Diet?

Have you now more than ever before started hearing so much about the Raw Food Diet? Well, lately the raw food diet has been gaining a lot of popularity and buzz, not just as a weight loss diet, but as a diet for a long and healthy life. Nowadays we eat a lot of processed foods and we don't even bother to stop and really think about what we're putting into our bodies, and how far we've actually nutritionally moved away from our ancestral, agrarian roots.

A raw food diet simply means eating unprocessed, organic, uncooked, whole foods, such as vegetables, fruits, legumes, seaweeds, nuts, seeds, dried fruits, etc. It means being on a diet that is at least 75% uncooked! What a lot of us are not aware of is the fact that cooking at times takes away the flavor and nutrition from vegetables and fruits.

Basically, a raw food diet means eating food pretty much like the way our ancestors did back in the days. Our healthier, more fit ancestors didn't cook as much as we do in this day & age, and they most certainly didn't cook or process fruits and vegetables like we do, they ate them RAW. Their water wasn't from a tap like we are accustomed to in this day & age; it was natural, spring water. They probably even drank a lot of natural refreshments such as coconut milk.

A raw food diet means consuming food in its natural, unprocessed form, just like it was intended. There are several common-sense rationales as to why

this is a good idea. Processing and cooking food usually takes a lot of the basic nutritional value away. Think about some of the conventional wisdom you've heard over the years, such as: If you cook pasta to the *al dente* (or medium) stage, it will preserve more calories. Well, this is absolutely true, it will retain more of the nutritional value in it than if you cooked it to a well-done stage. Or you most likely remember hearing not to peel carrots or potatoes too deeply, because most of the nutritional value is right under the surface.

Now think about it for a minute, doesn't it make more sense that this is what our bodies were meant to eat? A raw food diet is a way of eating that's not only in harmony with the planet but also in harmony with our own metabolisms. Let's face it, our bodies were meant to be taken good care of & fed all the right foods in order to function efficiently. This means that exercise also plays a vital role in our lives, but most importantly it means eating natural, raw foods that will add nutritional value to our bodies & enable us to live long, healthy lives.

## **A Raw Food Diet isn't Really a DIET it's a Lifestyle**

Our busy lifestyles can sometimes make it very difficult for us to stick to our dieting plans when we're trying to lose weight. We're constantly keeping track of our fat intake, our sugar intake, our carbohydrate intake, or our caloric intake and so forth. With all that counting, it's no wonder most of us become discouraged and 'fall off the dieting wagon.'

On top of that the surplus of convenient diet foods that are out there & that we tend to choose when we're tired from a busy day and don't have the energy or time to prepare a nutritious meal, are ridiculously full of preservatives and additives. It's no wonder a lot of us are headed down the wrong path trying to navigate our way through our weight-loss journey.

## **Why You Should Give the Raw Food Lifestyle a Try**

Not only are raw foods full of the nutrients, vitamins and minerals our bodies need to perform optimally, they also provide enzymes for proper digestion, and will also result in the purging of toxins and the cleansing of our body systems. The best part is that you can eat as many fruits and vegetables as you like and still lose weight.

In addition, the natural high fiber content of most raw foods will help you feel fuller, thereby reducing your food intake. They'll assist in turning up the

thermostat in your body, helping it to melt away that excess weight and nourishing your body's cells to continue with the fat-burning process.

Most raw foods are naturally low in calories, and as a result much lower in fats, sugars, and carbohydrates than the dieting convenience foods we'd been reaching for in the past. The added bonus of increased energy, regulated blood sugar and blood pressure levels, sharper vision and improved mental functionality will most definitely have you wondering why you didn't become a 'raw foodie' earlier in the weight loss and dieting game. And, once you reach your weight loss goals, you'll realize just how healthy you've become in the process, and the raw food lifestyle will then be your way of life.

## **Introducing Raw Foods to the Kids**

Let's face it; every parent wants the best for their child. We all want our child to look healthy, grow proportionately, feel energized and have a great immune system. So, why do most parents in America feed their children junk food by the time they start eating table food? Why do most restaurants serve French fries or macaroni and cheese for side orders and not steamed broccoli? Even schools offer peanut butter and jelly or ice cream for lunch. It is really a sad situation to watch young children who are obese.

To ensure that your child is eating correctly you must feed them plenty of fruits and vegetables. But the trick is to make it delicious and fun. For instance, for breakfast, arrange a platter of fruit, oranges, grapefruit, bananas, strawberries, blueberries, they will love it! Make faces out of the fruit. Have them drink only water and no sugar 100% fruit juice that you juice yourself. Get them used to eating raw vegetables. Whenever they get hungry, offer small baby carrots, or celery, they will grow to love the taste just the way it is. You can introduce a new vegetable each week and learn how to hide it into their food.

For instance, chop up Portobello mushrooms in a chopper and add it to your pasta sauce and watch them gobble it up, barely noticing the mushrooms. Make blanched broccoli (plain) and eat that for dinner. If they see you eating healthy, they will learn early on to eat that way. Do not let them eat packaged foods, such as macaroni and cheese, or fried chicken fingers, or anything fried for that matter. Make sure that they eat vegetables at every meal and be careful when you go out to eat.

Offer natural desserts that you have made at home, such as homemade sorbet, or fruit smoothie, or peach cobbler pie (all natural). Stay away from

cakes, cookies, etc, that have preservatives and other unnatural flavorings. Make them yourself and offer them occasionally. You will find that they watch you and what you eat and if you incorporate a much healthier menu, so will they.

The best part of raising your children to learn to love fruits and vegetables is that you will notice that they will turn down junk food when you are not around. At that point you will know that you have done your part in raising healthy adults.

## **Why Go “Raw”?**

So, now that you know what a raw food diet is all about, you need to decide, is it right for you? It may seem difficult in the beginning, but the good news is you do not need to incorporate raw food 100% of the time. You can just start by eating more fruits and vegetables and no processed foods. Try drinking fruit juices until lunch time and then eating a healthy veggie sandwich. For dinner, eat some blanched vegetables with a cooked meal with no meats. When you gradually detoxify your body, you will see dramatic positive results.

First, you will go through the detoxifying process, where you will feel tired, have headaches, skin eruptions, etc. Once you are over this tough time, you will feel light, not dragged down, energetic, vitality, and conscious, among other things. You will also experience more mental clarity and therefore be more productive. Your body will feel cleansed, you will be able to treat disease and prevent new ones from forming. You will see a dramatic weight loss, for instance five pounds a week. You will also notice that you do not seem weighed down with colds or sicknesses because your immune system will become much stronger.

To top it all up you will also be saving money because you can either grow your vegetables or buy them at a farmers market. Buying organic food will save the environment and provide agricultural support, which is much needed. You will also save time and money because you will not be in the kitchen cooking up a storm. You will not be eating a lot of animals, because these animals have been pumped with high hormones and that wouldn't benefit you anyway, it'll instead add unnecessary toxins into your body. This in turn contributes towards putting an end to the cruel conditions in animal farming.

You will not be plagued with depression, PMS, or acne. In fact, your skin will be absolutely glowing, you will feel rejuvenated. This type of eating also

slows the aging process. Your senses will be enhanced; you will be more flexible and fertile. You will be more creative, motivated, and also relaxed. You will focus more on relationships and be more environmentally attuned and inwardly attuned. What you will notice is an amazing mental, physical and spiritual awakening like you have never experienced before because you have changed your vibrations to a higher level capable of clearer thought and health patterns.

## **Transforming Your Diet**

Although it is difficult for some to instantly transform their diet completely, remember you do not have to go 100% raw. You can incorporate natural alternatives to the foods you are accustomed to eating (such as eating organic raw peanut butter instead of regular peanut butter). You can also purchase all organic, stay away from cow milk, incorporate plenty of fresh fruits and veggies and only drink water. By making these little changes in your diet you would have dramatically changed your life already!

It is understandable that changing over to 100% raw foods right away may be hard for some people due to their personal preferences. By changing over to raw food, the body will begin to detox on its own within a few days. Changing over and doing so gradually would be wise in order to give your body time to adjust and that way your body will not have to go through detox so hard in the beginning.

One method which can be used to get the body accustomed to the change is a six days on, one day off plan which seems to work pretty well as it allows the body to adjust to the new food intake. After awhile, the body will choose what is healthy over the unhealthy, allowing the detox to continue on its own. The feeling of well-being that is felt in the six days is usually still desired even on the seventh day. Contrasts between food types and their tastes are noted, and personal preferences can win for that one-day. But eventually, the non-cooked food will win and in time become the norm.

A second method that can be used to eat raw food is to just go "cold turkey" for two weeks straight. At the end of the two-week period, make a list of what you ate so that you can see what you enjoyed the most... the processed food or the raw vegetables? At first, the desire for processed food may still be there but over time, it'll lose its appeal. By the end of the month, the feeling of "well-being" due to eating raw foods will win over the taste of cooked and processed foods.

Keep in mind that you do not have to incorporate a full 100% raw food diet forever! You can eat raw foods 80% of the time, for instance, perhaps up



until dinnertime then go cooked for dinner. Just eating more fruits and veggies alone will make a huge difference and change your health drastically for the better.

## Raw Food Recipes

Once you start eating more raw foods and changing your lifestyle, you will start feeling better, finding you have more energy as you purge all the toxins from your system. You will also be rediscovering the wonderful flavors that raw foods possess, as well as learning about the benefits the raw enzymes have on your health. This is the perfect opportunity to expand your taste buds and try all sorts of wonderful new produce options you'd never dared explore before.

Don't let your new-found inspiration and energy get lost once you set foot in the kitchen because you've run out of new and exciting raw food meal options. Try some of these fresh ideas to add some zing back to your mealtime and continue down the raw food path to improved health, energy and happiness.

### Sunflower Seed Sour Cream

1 cup sunflower seeds  
1 cup water  
4 tbsp. lemon juice  
1 garlic clove, pressed  
 $\frac{3}{4}$  tsp onion powder  
 $\frac{3}{4}$  tsp salt

Blend all ingredients together in a food processor or blender until smooth. If consistency is too thick, you can simply add a bit more water. (Adding a bit more lemon juice will give it an added zing.) Garlic and onion powder can be increased for your taste preferences.

### Portobello Sandwich

1 Portobello mushroom, sliced about  $\frac{1}{2}$  inch thick  
1 cup vegetable broth  
Dijon mustard  
2 slices sprouted multi-grain bread  
1 Holland Tomato, sliced  
 $\frac{1}{4}$  avocado, sliced  
 $\frac{1}{4}$  cup baby lettuce

Cook the sliced mushrooms in the vegetable broth until they are semi soft and cooked through. Place the desired amount of mustard on 1 slice of bread. Layer the tomato slices, mushrooms, avocado, and lettuce. Top with the mushrooms and the other slice of bread. Cut in half and enjoy! See some raw foods are barely cooked.

### **Raw Curry Cantaloupe Soup**

1 cantaloupe  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon garam masala  
½ teaspoon curry powder

Combine and blend all ingredients until smooth. Serve well chilled.

So hit your local farmers markets, visit those roadside produce stands, or maybe even enjoy the fruits of your own hard labor and raid the garden and spice up your diet with some cool new twists on some of your favorite produce.

### **Natural Alternatives for Flavor**

Alternative seasonings are becoming very familiar in the kitchens in today's world. Rows after rows of organic or alternative spices now line the cupboards in our kitchens as compared to the few we grew up with. We had salt and pepper, and maybe some garlic or onion salt. Slowly this changed to garlic powders or onion powders. We learned that the corn cooking oil we used was bad for us, and moved to olive oil and canola oil. We learned to educate ourselves on a daily basis.

Organic kelp granules are a wonderful salt alternative with low sodium and have iodine in them. Low temperature dried and untoasted kelp granules spice up the kitchen dishes in a healthy way with a unique flavor. I like to boil spinach pasta and add it as a flavoring. There is only 45 mg of sodium per ½ tsp that is very good for me also. The main ingredient is organic raw kelp.

Butters that we have all grown up with are becoming a thing of the past. They have a high fat content, possibly contain residues of pesticides along with environmental toxins which both tend to concentrate in the fat. Nowadays when we walk down the dairy counters at the grocery store, we have many choices available to us. Once upon a time we only had a choice

between butter and margarine; now neither is totally good for us. Peanut butter is now made from whole peanuts, as compared to the original peanut butter which was made from sugar and salt. This healthy peanut butter does not contain hydrogenated fats, which will add years to our lives and now our hearts can maintain their normal blood pressures along with normal pulses.

Red wine vinegarette dressings on salads and honey as sugar are just a few of the alternatives we have today for our kitchens. The old fashioned meals we ate at our grandmother's table are more or less gone – what is available are meals with health in mind. We now even have pancakes made out of wheat, and covered with pure maple syrup instead of the sweetened corn Karo syrup we grew up with.

## **Eating Organic and Going Raw Can Get Expensive**

When you switch over to eating organic and raw foods it can be quite expensive. The ideal thing would be to grow your own garden. If you have a back yard you can grow a pretty decent sized one. Otherwise, get a few planters and grow a couple of tomato plants along the patio wall, and put a couple of eggplants inside the porch door with one large circular planter. Make each vegetable plant its own design with surrounding works of art. I put a little garden of one type of veggies and then another one on the south side of the yard. The sky is the limit what you can do.

If you can find someone who has an organic garden, offer to help them in exchange for food items. Most people need help and the larger the garden the more help they will need. You could weed, take care of the greenhouse, monitor customers who need assistance, and prepare plants for reselling. Very few people refuse good honest labor; I know I wouldn't! Working in a garden all spring, summer and fall is exhausting work; someone to help would be a blessing.

If you can find sales on organic or fresh vegetables toward the end of the summer seasons, buy them in bulk and either freeze or can your favorite dishes. If you have a large deep freezer you can freeze quite a lot of items. Otherwise, get a dehydrator and dry your food items. These do not need special storage and can be added to soups and stews, casseroles or just eaten by the hand full in the middle of winter as it is snowing outside.

Look around and see what you have in your neighborhood or local city area. There are many, many opportunities that are waiting for your attention and

skill, but they won't come knocking on your door! You have to go out there and find them.

## **Final Note: This Is Not a Fad Diet it's a Lifestyle Change**

Human beings have been eating fresh fruit, vegetables, and nuts 10-50,000 years or more before we even discovered fire, tools and equipment to kill animals. Eating raw fruits and vegetables isn't the new fad diet, or the new South Beach Diet. Believe it or not, humans have been eating this way long before they were eating processed junky foods.

Back then we didn't have access to most types of foods. We were scavengers, picking fruits and eating vegetables were a delicacy. Nuts were also eaten for protein. It was either that or starvation. Humans ate these fruits as is, no additives, no preservatives, no cooking. One and a half million years ago we learned how to cook. So for a half million years we ate the food raw, as it was intended.

We are the only animals on the planet that cook their food. Eating meat doubled the caloric intake of man, which made it easier for man to hunt and have enough energy to do what needs to be done. However we went over the top with that.

Today, we have access to every type of food we want at our fingertips. We can order Oolong tea (which must be handpicked on cliffs in china) from the internet. You would think that since we have come this far, we would be super human, so healthy we would be living 500 years. Not so unfortunately.

In fact, in some ways we actually have worse health now. Some of us are developing cancers at an early age. Some of us are dying of heart disease or obesity. A lot of us are not eating correctly. We are stuffing our faces with hydrogenated oils, fake products, high sodium and sugary foods. It is simply disgusting to say the least! We are gaining weight at an alarming rate and looking horrible. It shows in the skin, sags of fat, sluggish attitude, depressed look, lack of sexual drive, etc.

I wonder how long we would live if we adapted a healthy raw diet? What people need to realize is that eating fat free or sugar free foods isn't going to help. It isn't going to help if you stuff your face with snack wells instead of junk food. What will help is to completely change what you eat. Remember, you are what you eat, so eat the right things and it will show in your body, mind and spirit.

## Organic & Raw Food Resources

=> [Green Smoothies - Discover the Healthy World of Fruits & Green Vegetables](#)



=> [The Guide to Organic Cooking - 68 Fresh Recipes & More](#)

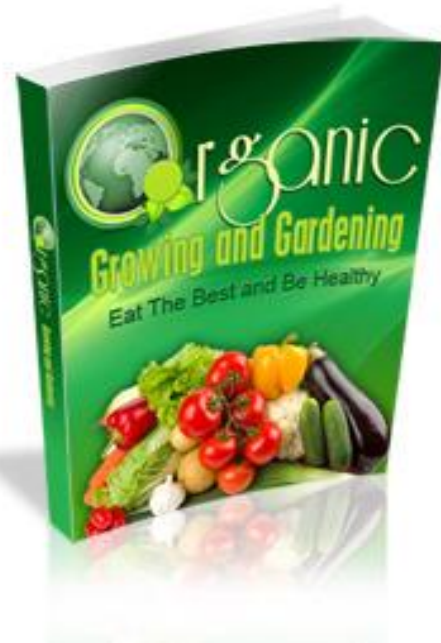


**"Give Me 20 Minutes and I'll Give You a "Master's" Course In Organic Cooking!"**

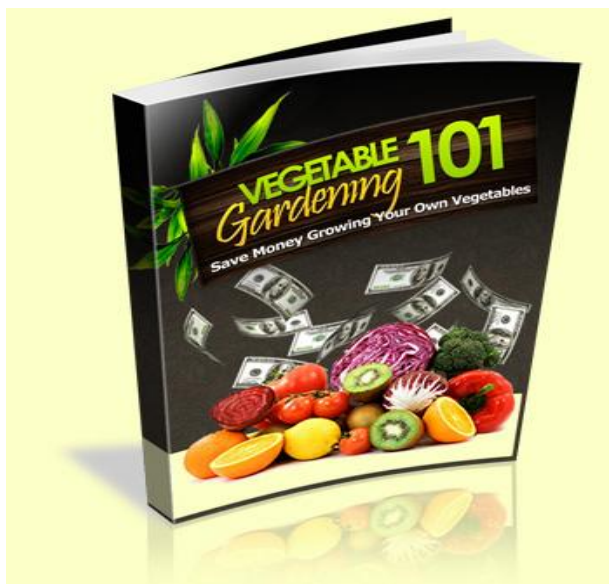


**Best Part:** You don't need to be a chef to prepare and enjoy these delicious recipes!

=> [Organic Growing & Gardening - Eat The Best & Be Healthy](#)



=> [Vegetable Gardening 101 - Save Money Growing Your Own Vegetables](#)



Wishing you much success in your healthy organic and raw food lifestyle!  
Copyright © [www.easygreenliving.org](http://www.easygreenliving.org)