



*Integrative Nutrition's*

# *Raw Foods Guide*





# Raw Food 101

With the warm weather and sunshine finally upon us, now is the best time of year to start incorporating more refreshing and detoxifying raw foods into your diet.

## Eating raw can:

- improve digestion
- increase energy
- boost immunity

Plus, the high water content in raw fruits and vegetables will also cool down your body and keep you hydrated during the summer season.

## Here's what we recommend including:

- Fresh fruit
- Raw vegetables
- Seeds
- Nuts
- Legumes
- Whole grains



# The Basics

Raw foods are fresh, unprocessed, and **not heated above 118° Fahrenheit**. Cooking above this temperature can destroy essential enzymes and disrupt the body's ability to absorb nutrients. Whole, unprocessed foods in their naturally raw state are high in fiber, potassium, and antioxidants, while being low in sodium and saturated fat. This keeps your gut and arteries clean, and reduces your risk for heart disease and diabetes.

You'll find a wide variety of raw foods at health food stores, farmer's markets, and even your local supermarket, so it's easier than ever to eat raw!

Keep in mind that no single diet works for everyone – a concept that we at Integrative Nutrition call **bio-individuality**. Some people thrive on raw foods while others fare better with having them cooked.

We recommend gradually introducing more raw food into your diet, and monitoring your body's response. Proceed with eating habits that are aligned with your optimal health and energy level.

# What's Inside

1. Get to Know Your Raw Superfoods
2. How to Preserve Raw Food
3. Quick and Delicious Raw Recipes

**Do you want to enjoy renewed energy, health, and happiness?**  
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Get to Know Your

# Raw Superfoods

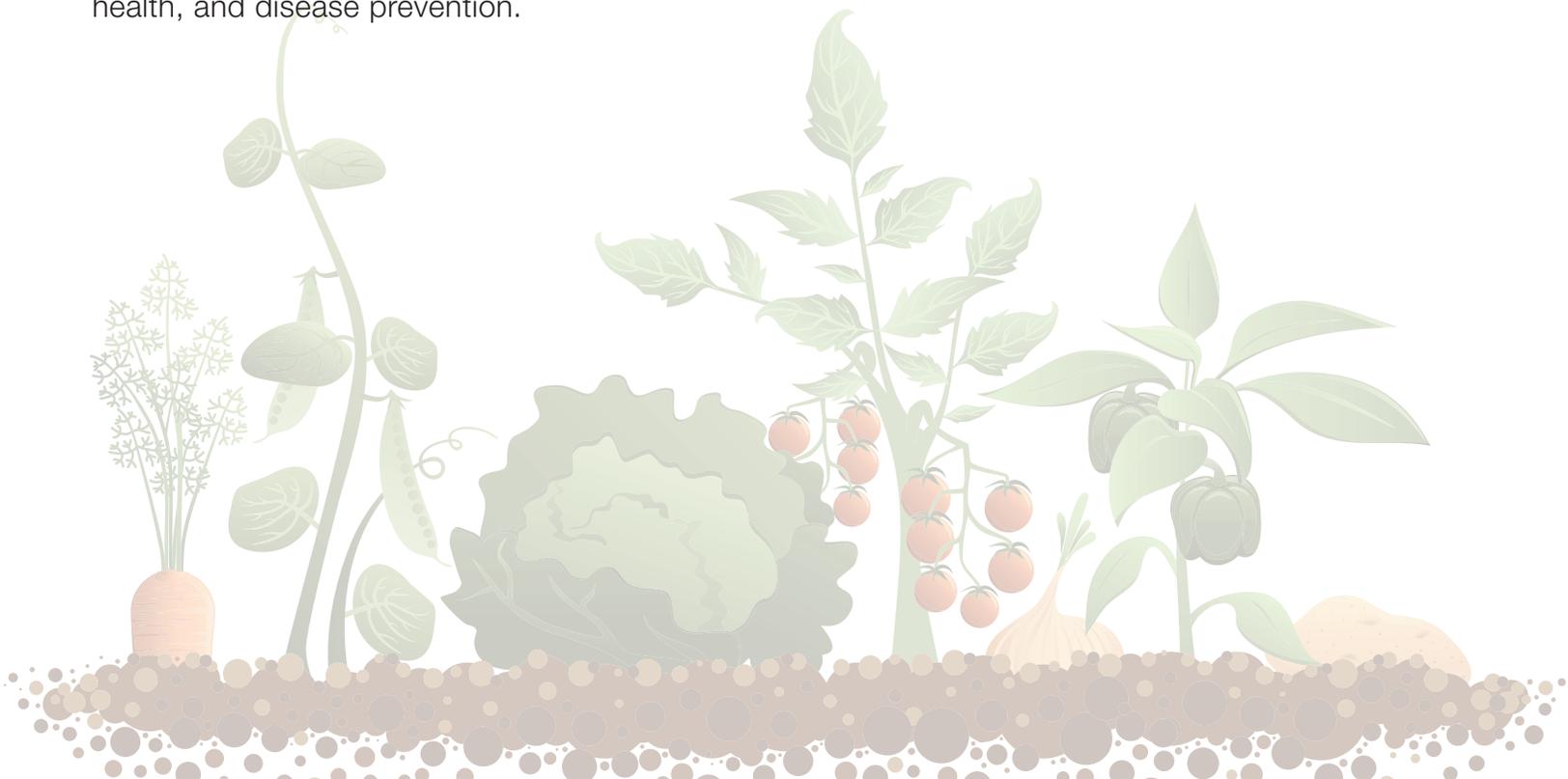
On its own, **raw food** helps to flush out toxins, regulate blood pressure, and support the immune system.

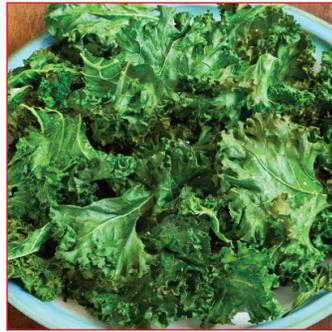
When you add nutrient-dense superfoods to the mix, you get a double dose of nourishment that will truly create thriving wellbeing.

In fact, Integrative Nutrition speaker and raw food trailblazer **David Wolfe** teaches that raw superfoods are powerful sources of nutrients, including:

- antioxidants
- vitamins
- amino acids
- minerals
- healthy fats

So make sure to incorporate the following raw superfoods into your diet for greater energy, digestive health, and disease prevention.





### 1. Wheatgrass

The juice is packed with amino acids, vitamins, and enzymes that do wonders for the digestive and immune systems. It's even touted as an all-natural anti-aging agent because of its ability to help rejuvenate cells.

### 2. Kale

This dark leafy green is an excellent source of vitamins, fiber, and beta-carotene, which hydrates the body, boosts metabolism, and helps prevent degenerative illnesses including certain cancers and eye disease.

### 3. Young coconut

Forget sports drinks! A young coconut is one of the richest sources of natural electrolytes, which transport energy throughout the body. It's also known to improve digestion and regulate hormone production.

### 4. Pumpkin seeds

Packed with zinc and potassium, pumpkin seeds are essential for skin health and wound healing. Their antioxidant and anti-inflammatory properties help lower cholesterol.

### 5. Celery

Full of water, minerals, and antioxidants, celery is highly digestible and helps to reduce blood pressure, cleanse the blood, and keep the body hydrated.



## 6. Broccoli

Broccoli nourishes the body with an enzyme called myrosinase, which helps the liver detoxify carcinogens. It's also full of calcium and fiber, which control high blood pressure and heighten metabolism.

## 7. Blueberries

Antioxidants, Vitamin C, and copper make this superfruit great for the urinary tract, digestive health, and the immune system.

## 8. Chia seeds

Rich in omega-3 fatty acids, calcium, and fiber, chia seeds can boost energy and cleanse the digestive tract. It can be added to your drinking water, soaked to form a pudding-like consistency, or even sprouted to top a salad.

## 9. Almonds

High in protein and Vitamin E, this nut is linked to lowered cholesterol and heart health. For optimal digestibility, almonds should be soaked overnight before they're eaten.

## 10. Spinach

Fresh spinach is loaded with minerals and iron that helps alkalize the system, cleanses the blood of toxins, and increases energy.



# Raw Accessories

- **Hemp oil:** Drizzle into salads or smoothies for a daily dose of essential fatty acids and amino acids.
- **Cacao:** Packed with antioxidants, cacao will satisfy your sweet tooth in a healthy way. [Gnosis](#), a line of raw chocolates by IIN grad Vanessa Barg, is made with this sweet treat!
- **Spirulina powder:** Sprinkle the blue-green algae into your green juice, smoothies, or raw dips for increased energy and reduced allergy symptoms.
- **Raw apple cider vinegar:** Add a dash to salad dressing or a glass of water to improve digestion and reinforce the immune system.

Check out more wellness tips and healthy recipes on the Integrative Nutrition [blog](#).

## How to Preserve

# Raw Food

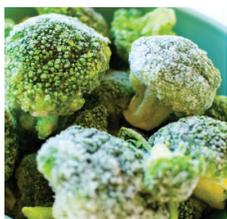
Raw food has a much shorter shelf life than processed food because it contains more moisture and none of the preservatives.

Since raw foods naturally spoil quickly, it's essential to learn effective and safe preservation methods that will ensure that you always have something healthy to snack on.

Here are the best ways to store your raw food for long-lasting freshness.



## Freezing



This is the quickest way to keep raw food fresh for the longest amount of time.

Simply package your produce in glass containers or mason jars and dice denser items like celery, zucchini, and onion before freezing.

Keep in mind that even frozen raw food can lose nutrients over time, so take inventory of the items in your freezer on a regular basis and aim to consume them within 3 months.

## Fermenting



A preservation method that enhances raw food, the fermentation process produces enzymes and good bacteria that improve digestion and prevent yeast overgrowth.

This method also breaks down starch and sugar, making cultured vegetables like sauerkraut and kimchi easy for the body to digest.

Fermenting is easy to do from home, too. All you need is a large mason jar or a fermentation crock pot and some sea salt to store your cultured veggies.

## Dehydrating



True to its name, a dehydrator removes moisture from food to allow for longer storage time.

The low cook temperature setting keeps food raw while maintaining its freshness. Dried fruits and nuts make a perfect on-the-go treat to replace prepackaged snacks.

After use, turn your dehydrator to its highest setting for two hours to prevent the spreading of bad bacteria and other harmful microbes.

## Sprouting



Like fermenting, sprouting also increases the nutritional value of raw food and makes them more digestible because of the natural enzymes that kick start the digestion process.

### Here's the easy way to grow sprouted foods:

1. Soak your seeds, nuts, whole grains, or legumes overnight.
2. Rinse with fresh water in the morning.
3. Store upside down in a jar with a cheesecloth over the top, or sprouting bag.
4. Rinse every 12 hours or so.
5. Expose the sprouts to sunlight in the final stage before eating to increase chlorophyll absorption.

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# Quick & Delicious *Recipes*

Finding ways to incorporate raw food into your diet can be tricky.

But the truth is that there are many appetizing, wholesome, and easy raw food recipes available to you!

Here are three of our favorites to help you get started.



## Green Juice Recipe

Inspired by: [Delicious Life](#)



### Ingredients:

- 1 whole cucumber
- 4 stalks celery
- 2 – 4 handfuls spinach
- 8 lettuce leaves
- Handful of parsley

### Directions:

1. Juice all ingredients.
2. Mix 50/50 with pure filtered water.
3. Add juice of lemon to taste.

## Raw, Nutty, Not Tuna Salad

Inspired by: [Integrative Nutrition](#)



### Ingredients:

- 1 cup raw almonds
- 1 cup sunflower seeds
- 1 – 2 stalks celery, finely chopped
- 1 tbsp. fresh dill, minced
- 1/2 small red onion, finely chopped
- 1 tsp. kelp granules
- Juice of 1 lemon
- 1/2 tsp. Himalayan pink salt

### Directions:

1. Place almonds and sunflower seeds in separate bowls, cover with water, and soak overnight.
2. Combine soaked almonds and sunflower seeds in a food processor or blender.
3. Process until almost smooth.
4. Combine all ingredients in a large bowl and mix well.
5. Serve on a bed of mixed greens or roll into a sheet of nori.

## Vegan, Raw Blueberry Ice Cream

Inspired by: [Bombshell Blueprint](#)



### Ingredients:

- 1/4 cup pure filtered water
- 1 banana, frozen
- 1 cup blueberries

### Directions:

1. Peel overripe banana and freeze overnight.
2. Place ingredients in blender.
3. Process on high for about 1 minute.
4. Serve and enjoy!

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