

Raw Food List

The list of foods you can eat on the raw food diet is actually fairly long and varied, with numerous foods to choose from.

Fruits

Fruits can be eaten raw, fresh-frozen or gently dehydrated:

- Apples
- Bananas
- Pears
- Apricots
- Peaches
- Plums
- Avocados
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Cherries
- Mangos
- Papayas
- Lemons
- Oranges
- Grapefruit
- Limes
- Young coconut
- Grapes
- Tomatoes

Vegetables

Any of the following vegetables can be eaten raw or gently dehydrated:

- Asparagus
- Eggplant
- Spinach
- Kale
- Broccoli
- Summer squash
- Zucchini
- Potatoes
- Sweet potatoes
- Jerusalem artichokes
- Cucumbers
- Lettuce
- Onions
- Garlic

- Peppers
- Cauliflower
- Winter squash
- Fiddleheads
- Peas
- Green beans
- Wax beans
- Corn

Nuts and Seeds

Any of the following raw nuts and seeds either whole, or ground into raw nut or seed butter:

- Cashews
- Almonds
- Hazelnuts
- Brazil nuts
- Pecans
- Walnuts
- Pine nuts
- Sunflower seeds
- Sesame seeds
- Pumpkin seeds
- Hemp seeds
- Flax seeds
- Chia seeds

Grains

Any whole, unprocessed grains either soaked and sprouted or in their natural state, including:

- Wheat
- Rice
- Buckwheat
- Quinoa
- Oats
- Amaranth
- Spelt
- Rye
- Barley
- Teff

Legumes

The following legumes can be eaten raw, soaked and sprouted or dehydrated:

- Black beans
- Kidney beans
- White beans
- Navy beans
- Butter beans
- Lentils

- Chickpeas (garbanzo beans)
- Red beans
- Peanuts

Oils

Any cold-pressed, unprocessed oils made from raw foods including:

- Olive oil
- Coconut oil
- Palm oil

Sweeteners

If you're looking for a sweetener to add to your desserts, consider:

- Raw honey
- Raw agave nectar
- Unprocessed maple syrup

Dairy Products

While raw vegans will avoid dairy products, vegetarians on the raw diet may consume raw dairy including:

- Raw milk
- Raw cheese
- Raw yogurt

Beverages

In addition to water and raw milk, the following beverages are suitable for a raw diet:

- Fresh squeezed fruit and vegetable juices
- Unheated nut-based milk
- Raw coconut milk
- Raw coconut cream
- Unheated soy milk

Raw Packaged Foods

In addition to whole, raw foods, many companies make packaged or prepared foods suitable for a raw diet. Look for foods from:

- Sunfood.com: Granola and dried fruits
- Nuts.com: Raw nuts, cereals and chocolate
- Gnosis.com: Raw chocolate, hot chocolate mixes and jams

Other Foods

Other raw or minimally processed foods that are suitable for a raw diet include:

- Vinegar
- Pickles
- Kimchee
- Raw eggs