

The Top 7 Mistakes Everyone Makes on the Raw Food Diet



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Thank you for downloading this report on the top 7 mistakes everyone makes on the raw food diet! I've been watching the raw food community for a few years now, and I can say that the majority of the problems people face on this particular diet is based on the following mistakes. If you're new to raw foods, this report is going to help jump-start you into radiant health much sooner! If you're a seasoned raw foodie, I'm sure you can relate to these problems.

Mistake #1: Consuming too much fat

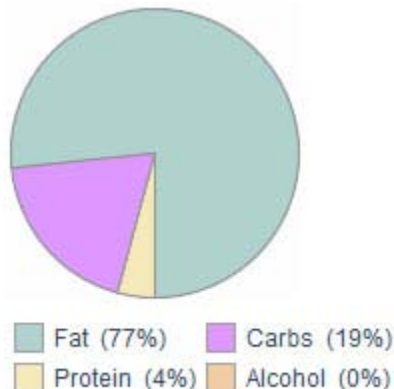
This is probably the BIGGEST single mistake people make on the raw food diet that causes them to feel poorly and not lose weight. One woman I know asked me why she wasn't losing any weight since she's been on the diet. After learning more about what she ate, she said that she usually had 2-4 avocados a day, plus nuts and seeds.

The average avocado is 77% fat, by calories. So, 212 of the 277 calories come directly from fat. She was eating 424 to 848 calories from fat ... from just the avocados! No wonder she wasn't losing weight!

Solution: Eat no more than 10% of your daily calories from fat. Most days, I eat no "overt fats". That way, during the week I can enjoy a little nut paté, a nice avocado on my salad, or some durian (another high-fat fruit).

I tracked my daily calorie counts with www.fitday.com It's a free service, and you can see a pie chart of where your calories are coming from. Do it for a week or 2 and you will learn a lot about your diet!

	Grams	Calories	%-Cals
Calories		277	
Fat	25.4	212	77 %
Saturated	3.7	31	11 %
Polyunsaturated	3.1	26	9 %
Monounsaturated	17.0	142	51 %
Carbohydrate	14.8	53	19 %
Dietary Fiber	11.8		
Protein	3.5	12	4 %
Alcohol	0.0	0	0 %



Mistake #2: Not eating enough greens!

When raw foodies are shown the great foods of the raw food diet, many focus on the high-fat foods, and disregard much of the dark leafy greens. This is a BIG problem because dark leafy greens, like spinach, kale, arugula, etc., provide the necessary vitamins and minerals our bodies need to survive. Although we as humans are evolved to eat a “frugivorous” diet (one that is mostly fruit), we must also consume greens to get the missing nutrients. And you’ll pick up some protein while you’re at it!



Solution: Eat your greens in the morning, and at night. I like to blend 2 handfuls of spinach in with 5-6 bananas and drink that for breakfast. It tastes like bananas, but you get the added benefit of greens early in the morning. That makes the evening salad look much less daunting!

Hint: [Click HERE for more Free Recipes!](#)

Mistake #3: Combining the wrong foods

One of my biggest lessons while eating raw has been to properly combine foods. When you’re eating a raw meal, your body has to digest the first thing that goes in your mouth. The food literally stacks on top of the food that was eaten before. The biggest thing to remember is that if you eat slow-digesting foods, like fats (nuts and seeds, avocado, etc.) then chow down on some fruit, the fruit has to ‘wait’ until the fats are digested before it can move through your system. This causes the fruit to ferment, and some not-so-pleasant gases to come out of your body.

Solution: Eat fast-digesting foods, like juicy fruit, first. I’ll drink a smoothie, and then eat a salad after – because the smoothie is fast-digesting and the greens and fat in the salad are much slower.

Mistake #4: Not drinking enough water

When I went through my initial raw food detox, I had awful headaches! My body was flushing out a ton of nasty toxins and my head was POUNDING! I couldn’t believe how crappy I was feeling.

For 4 full nights, I laid awake in bed, debating whether or not to take an Advil. Lucky for me, I chose against the drugs and suffered my way through it.

After the 4th night, I thought that the reason I was having so many problems was due to dehydration. So, I began drinking 2 quarts of luke-warm water in the morning, and then again before bed. Finally, on the evening of my 5th night, the headaches finally went away!



My body needed water to flush out the toxins, and I wasn’t giving it any! If I was at optimal health, I wouldn’t have needed 4 quarts a day to feel good. Now, I regularly consume a few quarts a day, as my body requests it.

Solution: If you're feeling down, have dry skin, or bad headaches, it might be because of dehydration. Just start drinking a few quarts of water a day, maybe with some fresh squeezed lemon. It will make you feel a ton better!

Hint: [Click HERE to read my article on more water in your diet!](#)

Mistake #5: Adding salt to raw foods

Salt is not a raw food. It's as simple as that. Actually, salt *kills* things. Dr. Douglas Graham, in his groundbreaking book "The 80/10/10 Diet" suggests that you shouldn't eat anything you can't make a meal out of. And I am not intrigued by a big plate of salt. 😊



When I was detoxing on a 100% raw diet, I remember around day 24 when my lips started to taste salty. It was the last effort my body was making to push out the remaining salt and clean me out.

Solution: Don't add salt, or salted things to your food. This means Bragg's Amino Acids – it's not a whole food!

Mistake #6: Many different foods at once

One of my favorite all-time smoothies when I was beginning my path to eating healthy was from the local health food store. Avocado, dates, goji berries, apple juice and some other stuff. For some reason, I fell in LOVE with it! I was having 3-5 a week before starting my evening shift as a bartender.

Then, as I started to simplify my diet, I realized how much better I felt when I ate a simple meal. Mono-meals are the ultimate simple meal – just bananas. Or mangos. Or watermelon. I rarely eat more than 2 fruits together, and I suggest the same!

Solution: The best solution is to aim for simplicity in the meal and variety in the diet. Don't go looking for a fancy meal – it's not going to serve you. The faster your body digests and assimilates foods, the better you're going to feel. Try having a mono-meal every day. Switch your fancy raw lunch for 6 bananas.

Mistake #7: Not getting enough exercise!

Raw foodies are infamous for only looking at their diet. I'd have to say that diet is the #1 factor in determining a healthy lifestyle, but regular exercise is a close #2. And once you're able to move to a high raw, or a 100% raw food diet, you're a much stronger person. Adding a fitness program 3-5 days a week is simple!

I prefer quick muscle-building exercises and cycling. I want a strong body and speed, with low bodyfat. To get this, I need to work on building muscles 4 days a week, bike a few days a week, and I take 3-5 yoga classes on top of that. But honestly – it's not that much time! If you get the benefits of a fit body, you're willing to spend a lot of time on working out! The benefits are tremendous!

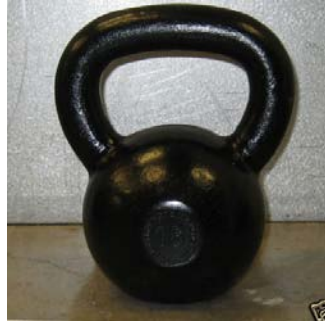
Solution: Honestly, look at what exercises you enjoy. For some, it's running. For others, it's swimming. For me, it's cycling and yoga. But find something. And walking isn't a real solution. Get excited about your sport and watch some YouTube videos on people who are the top in the field. Learn how their mind works, and adapt it to your life.

For building strength and muscle, I love using kettlebells.

You can check out the best kettlebell program at Pavel's website: <http://www.dragondoor.com/kbs>

Or purchase one of his kettlebells here: <http://www.dragondoor.com/buy>

Hint: [Follow my 12-week Kettlebell Program here!](#)



What's the next step?

Now that you know the 7 most common mistakes people make on the raw food diet, you're one step ahead of the game! Go to <http://www.rawandfit.com> and get more free resources to get you the healthiest you can be!

Go raw and be fit!



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