In the Raw

What’s cooking? Nothing!

September 12, 2011 By Janique Burke

Eating uncooked food may seem ancient, but the debate is still new. Devotees believe eating foods raw does a body good, but naysayers say it’s a recipe for health disasters. Here’s food for thought.

First the good news: Studies show high levels of antioxidants in raw foods may help prevent cancer; leaving veggies raw keeps their vitamins intact; and plant-based diets have been shown to improve glucose levels and lower your cholesterol.

Now the bad: According to the American Dietetic Association, cooking foods below 118 degrees Fahrenheit may not kill harmful bacteria; and meatless diets may be deficient in some nutrients, especially ones found in animal products, such as B-12.

The bottom line? Before you commit to a diet change-up, meet with a dietitian to discuss your best options.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/Raw-Cooking-diet-21082-7605