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## [Eat Raw up Until Dinnertime](#)

Are you interested in a raw food diet, but don't think you can do it all the time? You don't have to, certainly not to start. Many of us are conditioned to think of food as reward and comfort. We look forward to the end of the day, having dinner with our families, or going out to dinner with friends.

Try eating raw foods throughout the day. If you go to work every day, take carrots, apples, grapes or dried fruit with you to munch on. If you usually go out to lunch during the day, try to go places where you can get a salad. If you pack a lunch, include sprouts and fruit with it. Steamed brown rice and vegetables and a little fruit might not sound very interesting, but it's a good energy lunch.

If you're like many people, those fast food lunches make you want to crawl under your desk and take a nap in the afternoon! They make you sluggish and tired. A lighter lunch of raw foods can keep you energized throughout the day.

The more authentic information about Rawfood Diet you know, the more likely people are to consider you a Rawfood Diet expert. Read on for even more Rawfood Diet facts that you can share.

The business culture is different these days, and there's less of a routine than there used to be with a morning "coffee break" and then "lunch hour" and an afternoon "break." That routine doesn't work for a lot of people any more, but you can still get hungry during the day. By taking a variety of raw foods with you to work, you can munch periodically during the day. Sometimes it's better to eat to avoid getting hungry. If we let ourselves go too long until we get ravenous, that's when it's easier to make poor food choices.

When we eat meals though, it is important to understand that we should not mix raw food with cooked food, as this will produce acid in the stomach. This acid does not mix well with the raw food and will create indigestion. Another thing to think about is when eating raw fruits and vegetables, we should try to stay with organic foods due to the amount of pesticides that are usually on the non-organic foods.

Eating raw foods periodically throughout the day also keeps your metabolism humming along, and keeps your blood sugar at steady levels.

That's the latest from the Rawfood Diet authorities. Once you're familiar with these ideas, you'll be ready to move to the next level.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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