

Raw-food

Raw may sound odd and even unhealthy, but it's actually nutritious and good for weight loss!

It's the new Hollywood craze, and now, restaurants featuring raw-food cuisine are sprouting up across the U.S. But why is this anti-oven diet taking over? According to Alissa Cohen, nutritionist and author of *Living on Live Food*, "The main reason people do raw food is that [by not cooking food] you're not destroying the enzymes, which are the life force of the body."

Within days of going raw, you'll see drastic changes in your body. Family physician and co-author of *Nutrition for Life* Dr. Darwin Deen, of New York's Montefiore Medical Center, says, "People who follow raw-food diets report that it's easier for them to digest food and they don't feel as full or bloated after meals." But can you get all the nutrients you need just from produce? Dr. Deen explains that although there haven't been many studies

done on raw-food diets, "in general, if you are [only] eating fruits and vegetables, you are going to be getting more vitamins and minerals than you otherwise would." A main concern seems to be the lack of vitamins you'd otherwise get from meat. "You have the potential to have a vitamin B12 deficiency" by not including meat in your diet, says Dr. Deen. So you may want to talk to your physician about supplements before going raw.

If you're nervous about taking the plunge, Cohen assures us "it's not just carrot sticks and celery!" Chefs nationwide are getting really creative with raw food, making savory dishes with sprouted grains, fruits and vegetables. Pretty soon, you'll forget you're eating raw and will see drastic changes in your energy, health and, most of all, your waistline!

OK!

— Karen Berg

Banana-Almond Shake



Recipe from
*Living on
Live Food*

Mudslide

½ cup raw almonds
1½ cups water
1 banana
3 dates, pitted

Throw all the ingredients in a blender and blend until smooth. Grab a straw and enjoy!

delight

Uma Thurman is one of the many stars who have tried a raw diet.

Pros

- ✓ You are forced to include lots of fresh fruits and veggies into your diet.
- ✓ Raw foods can be easier to digest than highly processed foods.
- ✓ You get foods in their most natural forms, so your body doesn't have to work as hard to absorb the minerals it needs.

Cons

- ✗ Not much research has been done on raw-food diets.
- ✗ Children and pregnant women may not get the vitamins they need from such a restrictive diet.
- ✗ It is very time-consuming, as you have to plan ahead for all your meals and shop accordingly.

Turn for more on raw food

Raw-food recipes



Red-beet ravioli

Filling:

- 3 cups cashews, soaked
- ¼ cup lemon juice
- 1 tbsp. grated lemon zest
- ¼ cup nutritional yeast
- 1¼ to 2 tsp. salt
- 2 green onions
- 3 tbsp. minced tarragon
- 2 tbsp. minced parsley

Puree:

- 3 yellow bell peppers
- 1 tbsp. lemon juice
- 1 green onion
- ½ tsp. salt
- 1 tbsp. olive oil
- ½ cup pine nuts, soaked
- Shell:**
- 1 large bunch of red beets,

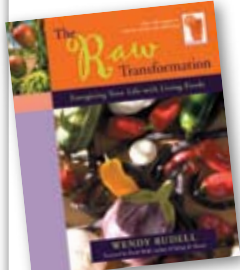
- thinly sliced into squares
- 2 tbsp. extra-virgin olive oil
- 1 to 2 tbsp. lemon juice
- Coarse sea salt
- Handful chopped pistachios mixed with 1 tsp. pistachio oil and pinch sea salt
- Handful tarragon leaves

1. **Filling:** Blend nuts, lemon juice, zest, yeast and salt until smooth. Fold in onions, tarragon and parsley. Store covered in the refrigerator, but bring back to room temperature before assembling.
2. **Puree:** In a high-speed blender, mix all ingredients until smooth. If too liquidy, add an additional 1 to 2 tbsp. of soaked pine nuts. Place in covered container and refrigerate if not using right away.
3. **Assembly:** Toss 2-inch, square beet slices in oil, lemon juice and a generous pinch of salt. Put a dollop of filling on each one, covering with another beet slice. Sprinkle pistachios and tarragon on each.

Pure Food and Wine, NYC
Serves: 4-6

FROM LEFT TO RIGHT: PHOTO BY GENO PERCHES; STEPHEN LOVERKIN/FILMMAGIC; DONATO SARDELLA/WIREIMAGE; GREGG DEGUIRE/WIREIMAGE; JEAN-PAUL AUSSENARD/WIREIMAGE

Raw reads



The Raw Transformation
Wendy Rudell
(North Atlantic Books)

This cookbook (recipe on the left) will make you forget you're eating raw!



Living on Live Food
Alissa Cohen (Cohen)
Discover all the tricks to a raw-vegan way of life with testimonials and tons of delicious recipes.



Shish kebab

Teriyaki sauce:

- ½ cup Nama Shoyu soy sauce
- ¼ cup honey
- ¼ avocado
- 2 tsp. minced ginger
- 1 tsp. garlic

- powder
- 1 tsp. onion

- Mushroom caps
- Cherry tomatoes
- Zucchini slices
- Bell peppers
- Red onion
- Romaine lettuce

1. Leave veggies in a vinaigrette marinade overnight.
2. Place onto skewer, brush with soy sauce and dehydrate for 10 hours.
3. Serve kebabs on a romaine lettuce leaf with teriyaki sauce.



Other

Macrobiotic

Gwyneth Paltrow followed a strict macrobiotic diet prior to having daughter Apple. 2. The diet consists of low-fat, high-fiber foods such as fruits, veggies, soy products and lots of whole grains. Although some macros eat fish and seafood, poultry, eggs, meat and dairy are usually off limits.



star diet options

Vegan

Alicia Silverstone became vegan for moral reasons and said that within three weeks, “the weight started to fall off.” Vegan diets are made up of fruit, veggies and whole grains, but no animal by-products whatsoever. Alicia finds it freeing. “I don’t ever have to worry about my figure again,” she says.

Raw-Vegan

When **Demi Moore** knew that she’d be making a splash in a bathing suit in *Charlie’s Angels: Full Throttle*, she reportedly embarked on a raw-vegan diet. By cutting out animal products and focusing on raw, untainted sprouted grains and produce, she quickly got that youthful glow, with a body to match!

Vegetarian

Michael Bolton’s vegetarian ways apparently rubbed off on his fiancée, **Nicollette Sheridan**. Vegetarians don’t eat any form of meat from land or sea creatures, but their diets are full of grains, produce and dairy. Nicollette attributes her flawless skin and toned physique to her healthy eating habits.