



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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HONEST TO GOODNESS

ORGANIC FOOD & NATURAL FOOD

Raw Food 101

by Kate Doyle on November 4, 2013

Do you want to get more life from your food? Incorporating more **raw foods** into your diet might be just what you need! Though it might seem like a new trend, we've been eating raw foods since our primitive beginnings. Before having access to fire, foraging for raw foods was our main staple. In fact all other animals naturally only consume raw uncooked foods. Raw foods are foods found in their natural state with little to no heating or processing therefore maintaining their nutrient density and integrity of many fragile vitamins, minerals, enzymes and other power packed phyto nutrients. In fact studies show heating our food above a certain level kills off many disease fighting enzymes and our very own immune system reacts to cooked foods as though they were foreign unrecognisable toxins, otherwise known as digestive leukocytosis. Sounds scary, but this isn't to say all cooked foods are bad, in fact a balance can be quite healthy.

Some people are drawn to raw foods for the many health benefits, ethical principles and simplicity. By incorporating more raw foods into our diet like **nuts, seeds, dried fruit**, vegetables and fruits, we can expect increased nutrient intake, more super human energy levels, improved digestion and even some assistance in losing or maintain a healthy weight! **Raw foods** can offer us a plethora of amazing health benefits and can be easily added to our daily menus through wholesome summer salads, nori rolls, delicious green smoothies and juices, creative dips, desserts and snacks. Why not try our **raw sprouted protein balls** to get you started?



It's not just vegies and fruit for raw food followers, decadent desserts, snacks and smoothies can be very exciting now that we have products like **organic raw cacao powder** and **organic raw mesquite powder** to substitute into recipes for that rich chocolate or sweet caramel flavours to create a raw delight!

To celebrate all things raw food, we are giving **AWAY** 10 e-books of 'Rawfit Diet: Longevity, Beauty, Detox, Raw Food, Fitness and Weight Loss' by Raw Food Chef and Personal Trainer **Ricardo** Riskalla. It is full of delicious raw recipes that are really easy to make for our busy lives. Simply name these **THREE RAW** ingredients in the photo below and you could **WIN** one of Ricardo's e-books!

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About Us

Honest to Goodness is Australia's leading Organic & Natural Food Company. We have fabulous food & a diverse team with unique skills & knowledge. [Learn more about us](#)



We enjoy the sharing of all sorts of information with our customers. This includes product information, nutritional information, cooking tips, farm gate information and more.

About Our Blog

This blog was created as a place for like minded people passionate about good food to chat.

What will make this blog really interesting is YOU – please join the conversation.