

# RAW

## The Wellness Brothers

“The best diets in the world are a good variety of clean, whole-food, plant-strong, MOSTLY RAW, and in quantities that get you to the weight you want to be.” - TWB Diet Summary

In the previous article we said the best diets are at least 80% plant-based. That is good to remember because this guideline – “Eat MOSTLY RAW” – goes hand-in-hand with the previous one.

You see, when plant foods make up the majority of what you eat, it is a whole lot easier to have a mostly raw-food diet. Individual fruits and vegetables or combinations in salads, raw soups, smoothies and juices can all be taken raw. Yes, animal products can also be but, for the most part and for obvious reasons, these foods are better cooked. Many will argue that the same can be said for a number of plant foods.

So, why the emphasis on raw?

The main reason has to do with the micronutrients. Many of the micronutrients, such as vitamins, enzymes and phytonutrients are particularly heat sensitive; they can be damaged or destroyed in the cooking process. Cooking can also lead to the loss of micronutrients in ways other than destruction. Take minerals as an example. Although not directly affected by the heat, minerals can leak out of food when it's being boiled. The minerals accumulate in the water which is often discarded, leaving the food with fewer minerals than what it had before it was cooked. Either way, whether through destruction or loss, cooking tends to reduce micronutrient availability in the diet. This considered in the context of the crucial role micronutrients plays in facilitating optimal health, it makes total sense why eating more foods raw is a good idea. That said, there are some exceptions, which is part of the reason we say “MOSTLY RAW” and not “TOTALLY RAW.”

In certain cases, cooking can change food structure in ways that make certain micronutrients more accessible to the body. These relate to micronutrients not tremendously heat sensitive and which tend to be “locked away” in the actual architecture of the food. Two good examples are broccoli and tomatoes. When these are cooked, they break down in ways that release super healthy micronutrients shown to reduce prostate and breast cancer risk. As such, these two foods are ones we recommend be taken both raw and in cooked forms.

Having said this, we don't want to overlook the fact that good cooking is one of life's great delights!

Cooking allows for different foods to be combined and prepared in ways that eating only raw makes difficult or even impossible. With the focus on food being for both fuel and fun – we recommend that 70-80% of your diet be raw. Keep the cooking for animal meats, eggs, certain plants and special dishes! This way you can enjoy the best of both fun and fuel worlds on your path to good health.

TAKE AWAY: More Raw foods means more micronutrients for better health.

[Core Direction](#) Article, written by Dr. Ryan Penny of [The Wellness Brothers](#)