

Raw Paleo Food List

<i>Food Category</i>	<i>Foods</i>	<i>Nutritional Highlights</i>
Fruits	Apples, Bananas, Berries, Citrus, Grapes, Mangoes, Melons, Peaches, Pears, Pineapples, Plums	Rich in dietary fiber, vitamins C and A, antioxidants, and essential minerals like potassium.
Vegetables	Avocados, Bell peppers, Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Leafy greens, Mushrooms, Radishes, Tomatoes, Zucchini	High in vitamins A, C, K, dietary fiber, iron, calcium; avocados are a good source of healthy fats.
Nuts and Seeds	Almonds, Brazil nuts, Cashews, Chia seeds, Flaxseeds, Hemp seeds, Macadamia nuts, Pecans, Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnuts	Sources of omega-3 fatty acids, protein, dietary fiber, and essential minerals like magnesium, zinc.
Raw Animal Products	Raw eggs, Raw dairy, Raw fish, Raw meat, Raw honey	High in protein, omega-3 fatty acids (fish), vitamins B12 and D, calcium (dairy), and antioxidants (honey).
Fats and Oils	Avocado oil, Coconut oil, Olive oil	Healthy fats, vitamin E, antioxidants.
Fermented Foods	Kombucha, Sauerkraut, Kimchi, Coconut kefir	Probiotics for gut health, enzymes, and vitamins.
Beverages	Water, Herbal teas, Coconut water	Hydration, antioxidants (herbal teas), electrolytes like potassium and magnesium (coconut water).
Others	Sea vegetables, Sprouts, Raw vinegars, Herbal seasonings and spices	Iodine (sea vegetables), high in enzymes and protein (sprouts), acetic acid (vinegars).

Notes on the Raw Paleo Diet

- Quality and Safety: Always prioritize the quality and safety of raw animal products by sourcing from reputable, clean, and ethical suppliers.*
- Variety and Balance: Ensure a wide variety of foods to cover all nutritional needs.*
- Preparation: Be mindful of preparation methods to maintain the raw state while ensuring safety and enhancing digestibility, such as sprouting nuts and fermenting vegetables.*