

- Special Report -

# The 10 Deadliest Mistakes Made by Raw-Foodists

*And How Avoiding Them Can  
Take Your Health to a New Level!*

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## #1: Eating a High Fat Diet

Not understanding the relationship between fat, protein, and carbohydrate is a common reason for failure on a raw-food program.

One should understand that there are only two main sources of energy: carbohydrates and fat. In a raw food program, cooked complex carbs are restricted or eliminated. This includes: bread, pasta, potatoes, cooked grains, etc. Healthy carbohydrates are then limited to one main source: fruit.

The other significant source of energy comes from fatty foods, which would be: nuts and seeds, avocados, and oils. In a typical Standard American Diet, fatty foods comprise more than 40% of caloric intake, which is widely recognized as unhealthy. In some raw diets, where not enough fruit is consumed to provide the bulk of energy needs, the caloric intake coming from fat can be up to 80%!

Why is that? **Simply because of the fact that vegetables are not a significant source of energy (calories)**. Thus, if not enough fruit is consumed, one will invariably find himself over-consuming fatty foods in the form of nuts, seeds, avocados, and oils.

This overeating of fats may lead to several problems: fatigue, skin problems, lack of concentration, weight gain (or even excessive weight loss), failure to thrive, sensitivity to fruit sugar, diabetes, hypoglycemia, candida, feeling "spacey" and more.

The solution to this is to completely redesign the menu. The first step is to limit fat to about 10 to a maximum of 20% of daily calories, while at the same time eating more fresh fruit to meet our energy needs.

To do this, we need to understand several things:

- The relationship between fat, carbohydrate and protein.
- How many calories we need in a day.
- How many fatty foods does it take to reach the 10-20% limit.
- What fatty foods should be consumed.

All of these questions and more are answered in my book "The Raw Secrets," included in the [Raw Health Starter Kit](#).

For now, let's just say that a healthy raw-food program that provides about 2000 calories per day should contain, as a maximum:

- One small avocado, OR
- A small handful of nuts, OR
- 2-3 Tablespoons of nut butter

## #2: Under-Eating or Not Consuming Enough Calories

Calories are a measure of energy, that is, how much energy is derived from the foods we consume. Only three components of food can provide calories (energy): protein, carbohydrates, or fat. The two main sources are carbohydrates and fat, as protein is mostly used for repairing and building tissues.

**Raw vegetables** are low-caloric foods. They contain very small quantities of fat or carbohydrates. Although they are excellent sources of vitamins and minerals, we cannot make them the basis of our diet, or the source of our calories (energy). It would be impossible to consume enough of them to meet our needs.

**Raw Fats**, which include avocados, nuts and seeds, are good foods when consumed in small quantities. As we have seen, a high-fat diet is disastrous. Limiting the quantities of fats in our diet is essential for achieving success. Therefore, we cannot regard *raw fats* as our main source of energy. They should be used only as completing sources.

**Raw Fruit** is a healthy source of carbohydrates in the form of natural simple sugar. The obvious conclusion from this discussion is that it should form the basis of the diet, in terms of providing our calories. *Raw Fruit* is easy to digest, contains an abundance of vitamins, but is not as concentrated as cooked carbohydrates or fatty foods. Therefore, it requires some calculations and some work to learn to eat enough fruit to meet our energy needs on a raw-food program.

Many people who try to follow a raw-food program are on a starvation diet. That is, they consume much less calories in a day than they spend. That program can be good for a while, to help detox, weight loss, etc., but on the long run it won't be sustainable.

### **#3: Eating Insufficient Quantities of Greens**

Although fruit is a great source of energy and vitamins, it doesn't contain enough minerals to be a balanced food. Green vegetables must be consumed to provide those essential minerals, such as calcium, magnesium, sodium, etc.

Most raw-food programs do not contain sufficient quantities of green vegetables required for optimal health. Many raw-food programs that promote eating large quantities of nuts and seeds do not contain sufficient quantities of vegetables. The fact is, when we eat a salad with oil and fats, there is less room to eat enough green vegetables. But when we eat a low-fat diet composed of fresh fruits AND vegetables, there is more room and hunger to eat enough of those important foods.

It must be stressed also that greens should be consumed in a way that is easily assimilable by the body. Just eating a salad of greens might not be enough, unless it is carefully chewed. That is why I promote eating blended greens (either as a "green fruit smoothie" or as a "raw soup", as well as some vegetable juices, occasionally).

### **#4: Not Paying Attention to Food Combining Rules**

In addition to containing ridiculously high quantities of fat, most raw-food programs will give you complicated recipes where foods are often dehydrated or mixed in every possible way, resulting in mixtures that leads to all sorts of digestive problems.

I call these recipes "combo-abombos" — that is, they are "combinations" that are "abominations"!

Although in a raw-food program, the issue of food combining is greatly simplified, the use of some simple food combining principles can help ease your digestion tremendously.

After all, eating simple foods in their natural state should be the focus of a raw-food program, don't you think? Trying to imitate regular Standard American dishes with raw dishes is a recipe for confusion and can lead to sheer abuse.

## Simple Food Combining Rules to Follow

### ***Sugar and Fat***

The main combination to avoid is sugar and fat. Sugar being any type of sugar such as fruits, dates, refined sugar, or anything sweet. Fat includes oils, avocados, nuts, and any other type of fatty foods.

The reason is that fat takes a longer time to digest, while sugar tends to digest quickly.

When the two are mixed together in sufficient quantities, the sugar will ferment. Say hello to gas and bloating!

So the combinations to avoid include: dates and nuts, nuts and dried fruits, adding fat to fruit smoothies (including oils, nuts, etc.), and obviously eating fruit or sweets at the end of a meal.

However, let me also say that although this is the most important rule to follow, it is not completely rigid either. A little occasional combo of fruit and fat are okay, but generally, you'll find that avoiding this combination most of the time will solve a lot of your digestive problems.

### ***Sugar and Starch***

Another very bad combo is the combination of cooked starch and sugar, so this one obviously doesn't apply to a raw food meal. Starch includes bread, potatoes, pasta, etc.

This combinations leads to a lot of gas and fermentation. Examples include: raisin bread, all pastries, all cakes, all cookies, and eating sweets after a meal!

### ***Concentrated Foods***

You can understand the philosophy and science of food combining by understanding one simple idea: it's best to eat only one type of concentrated food at a meal.

Concentrated foods include anything that's not a fresh fruit or vegetables, or anything that's high in fat. For example, bread, meat, potatoes, nuts, seeds, avocados.

The reason is that concentrated foods take more time to digest, and when they are mixed together, they tend to conflict with each other and cause digestive problems.

So the idea is in one meal to have just one type of concentrated food, and accompany that with lots of vegetables. It's also best to eat fruits alone.

### ***Unnecessary Rules***

There are several “rules” of food combining that are really not necessary. Once you become more fluent in the “language” of food combining, you'll understand why. Let me give you a few:

**Melons** - There's no reason not to mix melons with other fruits. You can mix melons with any other fruit you want, without any problems. Just don't mix them with concentrated foods.

**Fruits** - Fruits may be combined with each other without problems. There's no need to divide them in categories of their own. The only exception is the banana, which should not be mixed with very acid fruits such as oranges. The reason is that bananas contain starch and this conflicts with the acidity in certain fruits.

**Tomatoes** - Although we eat tomatoes as a vegetable, it is a fruit in reality so it may be combined with other fruits if desired.

**Greens Don't Count** - Greens such as lettuce, celery, spinach, and other green leaves, don't even count in food combining. The reason is that they combine well with anything. They combine well with fruit as well as with any other food.

## **#5: Having a Fanatical Approach**

It is too common in the raw-food movement to see people completely obsessed with their diet, overstressing it and forgetting about the other important aspects of life. Some want to feel “pure” at all cost and think that all cooked foods are evil. Yet at the same time, they will not hesitate to consume large quantities of avocados, nuts, seeds, and “combo-abombos”, thinking that just because it's raw, it's ok!

“Raw” is not the only criterion. It doesn't mean that because something is raw it's healthy. Most of the raw-food recipes I've seen are actually not healthy at all! They contain large quantities of salt, spices, oils, and fat.

Instead of just focusing on the “raw” aspect, and forgetting everything else, let’s try instead to go back to the basic, which is to eat “whole foods” — fruits and vegetables in their natural state!

Personally, I prefer to eat steamed vegetables rather than all sorts of heavy, nut-based raw-food recipes. But some raw-foodists still like to think that it’s ok to eat a few jars of almond butter in a week, as long as it’s *raw* almond butter. They don’t realize that they are actually setting themselves for all sorts of problems with that sort of narrowed-thinking.

Let’s go back instead to the basic principles of a natural diet, before even thinking about raw or cooked. (I have outlined those basic principles in my book [“The Raw Secrets: The Raw Vegan Diet in the Real World”](#))

Let’s also not forget about the other aspects of healthful living. Diet isn’t everything. Did you know that there are at least 21 requirements to healthful living, and anyone missing will hold you back to achieving the level of health you desire?

Here are just some of those requirements, besides good food and nutrition:

- Securing enough sleep.
- Sunshine
- Pure air.
- Pure water.
- Regular physical activity.
- Sense of belonging to a group.
- Natural expression of sexuality.
- Fulfillment in the professional life.
- Adequate temperature.
- Beauty in surroundings.
- Self-expression of natural talents.
- Sense of connectedness to family members and friends.
- Etc., Etc.

## #6: Eating Spices and Condiments

We’re designed to eat foods in their natural state, just like every other living creature on the planet does. Therefore, eating a natural diet doesn’t just mean eating “natural” foods or eating “raw” foods, but especially means eating those foods “whole” and unrefined.



One of the things humans love to do is adding spices, salt and condiments to their foods. Why do we do it? Simply because of the fact that we're out of touch with nature and our natural diet, and because we got USED to eating condiments and salt, as those substances are habit-forming and slightly addictive.

What are the problems related to the consumption of spices and condiments? First of all, they are all slightly toxic. They are all foods that we couldn't eat in their natural state (ever think of making a meal out of raw garlic?), and all contain some offensive substance.

That substance may be the strong irritant oil found in hot peppers, or the pungent mustard oil found in garlic, or any of the other irritants found in all of the spices consumed.

All of those spices stress the body, disturb digestion, and prevent us from enjoying the natural taste of foods. The more we use them, the less we will enjoy foods in their natural state.

Unfortunately, most raw-food programs do not understand this and promote eating cayenne peppers, raw garlic, sea salt, soy sauce and other condiments. They simply copy the wrong eating habits of the SAD and transfer it to their raw-food program!

Yet, everybody who has done the experiment of abstaining from salt and condiments for an extended period of time will tell you that the enjoyment we get from eating foods in their natural state actually increases! Soon, the strong taste (and smell!) of condiments becomes offensive, and no longer desirable.

Try it out for yourself, you will see!

## **#7: Doing Insufficient Physical Activity**

Physical activity is one of the requirements of healthful living. It is actually so intricately linked with optimal nutrition that failure to master one aspect will automatically lead to fail with the other.

While fitness alone is not a guarantee for health, it is not possible to be healthy without being fit. We must learn to develop our fitness potential by including a variety of exercises into our lifestyle, in a complete program that builds and trains our bodies.

Engaging in vigorous physical exercises (each to her own ability) will also improve help create genuine hunger, which is one of the first requirements for optimal nutrition.

It will help sugar uptake (or metabolism), overall nutrition as well as improve our sense of well being, self-esteem and more!

Let's also stress the fact that a raw-food program is actually a high-energy diet. *It is compatible and really works only with a high-energy lifestyle.*

Of course, each will train according to his/her own abilities and limitations. But by making your fitness an aspect as important to master as proper eating will insure that you don't overlook this most important aspect of healthful living.

### **#8: Forgetting About Dental Hygiene**

A careful plan for taking care of your teeth, preventing decay and other problems is absolutely essential while on a raw-food program or any other program. Yet, many raw-foodists forget that, thinking that "raw foods can't be bad for their teeth" and end up with severe dental problems.

Why go down the same road? A complete dental health program doesn't take a lot of time and will save you lots of trouble.

The use of non-toxic dental products, as well as proper brushing, flossing, gum irrigation, tongue cleansing and a good diet are essential.

### **#9: Consuming Raw Drugs & Unneeded Supplements**

Having boundless energy should be the natural outcome of a healthy lifestyle. It doesn't come from eating certain foods, taking certain products, or supplements. When it does, then it means that the product or food you are taking is a stimulant — a drug — not a real source of nourishment.

Raw drugs are now popular in raw-food programs. They include the now much hyped *raw cacao*, which is the "raw" version of chocolate, and in addition to probably not being really raw (the cacao beans are fermented at a high temperature before being sold as "raw"), is addictive, disturbs sleep patterns and is just another way to take your dose of caffeine or the equivalent.

Other raw drugs include various supplements and super-foods that are sold for their “energy-boosting” properties, just like various caffeinated drinks are sold for the same purpose. But energy doesn’t come from stimulation, but can only come from sleep and as the outcome of healthful living.

Of course, the profit markup from selling those foods is more than nice, and their addictive nature hooks the customer up and invites repeated sales — not bad for the company selling it, but not good for your health.

If you are not experiencing the levels of energy you desire on your raw-food program, it is time to revise it entirely rather than resorting to some sort of raw stimulant.

### #10: Eating Dried Fruit & Dates

Dried fruit is the junk food of the raw-foodist. As we’ve seen, people, eating a raw-food diet that is too high in fat, and not eating enough of the caloric-rich foods, end up hungry and try to fill up on something. Dried fruit is often that “comfort food” that people revert to.

Dried fruit is fruit with the water removed, thus it is no longer a whole food. It is extremely sweet — too sweet — and is notoriously known to cause gas and fermentation, and dental problems. I’ve known for a long time that eating dried fruit causes extreme cravings for other junk foods. The reason is that because dried fruit is a concentrated sugar, it disturbs digestion entirely and causes one to become extremely imbalanced in their sugar-metabolism. Thus, they crave other foods, in that state of nutritional confusion.

Dried fruits are also refined, often frozen in advanced and/or dried at a high temperature before they are shipped to the stores. Although dates are can be fresh, they are too concentrated to form an important part of the diet.

I recommend phasing out dried fruit & dates completely and instead eating them occasionally only, or when circumstances call for it (a trip to a foreign country, camping, etc.). I guarantee that you will feel much better.

To make sure that you don’t crave dried fruit, eat enough *fresh* fruit instead. If you eat enough fresh fruit there is no way that you can crave dried fruit.

## Conclusion: Get the Right Information

If you were to buy a car, would you just buy any model right away without even thinking about it or would you research the subject thoroughly before making a decision? I'm sure you would spend a lot of time analyzing the different options before making the right decision.

Yet, when it comes to their health, many people are careless. They search the Internet, looking for quick fixes and free articles. They try to make sense of it all by asking complete strangers for health advice in a random bulletin board. They do not take the subject seriously.

This is how they hurt their health unnecessarily, like I did when I first started on the raw food diet without knowing what I was doing.

That's why I've created the **Raw Health Starter Kit**.

I've wanted for a long time to put together a kit of resources that would give anyone *everything* they would need to successfully either switch to a raw food diet, include more raw food in their diet or improve their current raw food program.

It took me over 8 years of research to put together all of the resources that are included in the Raw Health Starter Kit, and in fact, I keep updating it all the time with new information.

When properly done, either at 100% or 70% level, the Raw Food Diet can bring you the following benefits and more:

- Gives you amazing energy. You wake up in the morning ready to go, and you rarely feel ups and downs in your energy during the day.
- Improved complexion. People will comment how clear your skin is.
- Reach your ideal weight effortlessly.
- No feeling of deprivation.
- Great sleep and no insomnia problem.



- Regular bowel movement and with no constipation or indigestion.
- Looking younger than most people of your age.
- Clear and bright eyes
- Makes you happy for no reason. You don't need coffee to stimulate you or alcohol to make you laugh.
- Better focus and concentration

If you are not experiencing all of these benefits, then it's time to revise your current program.

If you purchase the Raw Health Starter Kit, you'll get everything you need to get started on raw foods (or improve your current program), including:

- My best-selling book "*The Raw Secrets: the Raw Vegan Diet in the Real World*"
- My course, "*How to End Confusion About Nutrition*"
- My recipe book "*Instant Raw Sensations*"
- My menu planner "*Best Foods on the Planet*"
- Tons and tons of **other bonuses** and **resources** not available anywhere else. Over \$400+ in REAL value.

Here's what one of my readers had to say about the Raw Health Starter Kit:

"After having a mixed experience eating all-raw foods and reading numerous websites and cookbooks about the subject, I decided to give the RAW HEALTH STARTER KIT a try.

I was skeptical after participating in some other raw food programs, including a local delivery service, because although I felt a million times better than when I was eating cooked food, I was still getting sleepy and sluggish at times.

The RAW HEALTH STARTER KIT is honestly the best \$99 I've spent going raw, and I wish I had found this website first. I think Fred's observations and advice are spot-on and the way to be a healthy, supercharged raw-foodist.

His recipes are fantastic and incredibly simple; even my non-raw fiancé has taken to making some of the salads and smoothies.

Perhaps the best thing about Fred is that he is non-dogmatic about raw food, and at the same time firmly rooted in science and practical common sense. Anyone who wants to eat more raw food would definitely benefit from this kit, not just raw-foodists, and given how poor the nutritional information is out there I recommend this to anyone who simply wants to eat better.

**Danica Radovanov** □  
From Los Angeles,  
California, USA

You'll find many more testimonials on the Starter Kit and great *success stories* and **before and after stories** of people who have completely transformed their life with the Raw Food Diet on my website.

In fact, we even recently completely redesigned the Raw Health Starter Kit to offer an even more complete package.

I won't try to convince you anymore about it.

**Go to [www.fredericpatenaude.com/starterkit.html](http://www.fredericpatenaude.com/starterkit.html)**  
**and learn more.**

I hope that you've found this report useful. I certainly would have benefited if someone had written it when I first got started, as this information was not available back then.

I'm looking forward to adding your stories to our long list of success stories from people who have successfully applied the teachings in the ***Raw Health Starter Kit!***

Wishing you health and success,

*Frederic*