



WELLBEING

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Make Mine Raw

Raw foodism may be a current trend in dining, but it is certainly nothing new. In the 1830s, raw food was promoted as part of a healthy, healing life style. In 2007, it's trendy, natural, healthy and even gourmet.



count), but it's not as exotic or foreign as it might sound. Almost everyone enjoys some raw foods on a daily basis:

- salad vegetables
- fresh fruits
- raw (unroasted) nuts

Raw foodists would add to that an array of legumes, sprouted grains, nuts, seeds, sea vegetables like seaweed, shots of wheatgrass juice and fermented dairy products such as kefir and yogurt.

Raw food is food that has not been cooked at all, or has only been heated to temperatures under 116°F (to bring out flavor and improve texture).

Top chefs around the country are even creating such tasty raw dishes as "nut burgers," cheesecake-like desserts and faux pasta meals using nuts, vegetables, fruits, fresh herbs and fruit juices.

A raw food diet is primarily vegetarian (steak tartare doesn't

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"Veg-ing" out is In

What is a vegetarian? The simple definition is one who does not eat meat. Today many people are turning to vegetarian eating for health reasons, practicing some variation of the dietary approaches described on the right.



Pescatarian

Type	Food Choices
Semi-Vegetarian or Flexitarian (new term)	Mostly vegetarian; eats some meat
Lacto-Ovo-Vegetarian	Eats eggs and dairy; no animal flesh
Ovo-Vegetarian	Eats eggs; no dairy or animal flesh
Lacto-Vegetarian	Eats dairy; no eggs or animal flesh
Fruitarian	Eats fruits (including tomatoes, avocados, olives), nuts and seeds, preferably in a specific order and uncombined.
Pescatarian	Eats fish, no other kinds of meat or animal flesh.
Vegan	No meat of any kind; no eggs, dairy products, or processed foods with any animal-derived ingredients, including gelatin.
Raw Food Vegan	Eats unprocessed vegan foods that have not been heated above 115 degrees Fahrenheit (46 degrees Celsius).
Macrobiotic Diet	Eats unprocessed vegan foods such as whole grains, fruits and vegetables; focus is on sea vegetables, daikon and other Asian vegetables; may have fish occasionally.

The Men Behind the Grains: Inventing a Better Breakfast



If you think health food is very '90s, you are right...but that would be 1890s, and even several decades before.

Men like Sylvester Graham, John Kellogg, Henry Perky and C.W. Post were convinced that a diet rich in whole grains was good for the body, mind and soul. The foods they created remain with us, although not

always in original form.

Graham Cracker. A Presbyterian minister in Massachusetts named Sylvester Graham invented graham flour and baked the flour in squares to make digestive biscuits. His graham bread or cracker was developed as a healthy alternative to the refined flour being used by commercial bakers of the day (1830s). Graham flour is made by grinding the wheat endosperm separately from the wheat bran and germ, then mixing them together to make a coarse flour. Graham crackers today are often made with refined flour and more sugar than the original.

Granula. James Caleb Jackson, a follower of Sylvester Graham, is credited with the invention of the first dry breakfast cereal in 1863. His Granula wafers were made of graham flour and water.

Granola. Dr. John Harvey Kellogg, also a believer in Graham's practices, headed a health sanitarium in Battle Creek Michigan that was eventually named for him. His first cereal creation was an oatmeal/cornmeal mixture that was baked in biscuit form then ground into small pieces. He initially called it Granula, but changed the name to Granola following a lawsuit from the maker of the earlier cereal.

Postum/Post Toasties/Grape Nuts. C.W. Post was a patient at the Kellogg Sanitarium who went on to invent a healthy alternative to coffee – a cereal-based drink called Postum. He followed that with Post Toasties cereal (using the Kellogg flake process mentioned below) and Grape Nuts, which was optimistically advertised as a brain food that could cure consumption, malaria and loose teeth.



Shredded Wheat. The product was introduced at the 1893 Columbian Exposition along with the special machine that was developed to make the little "wheat mattresses." Inventor Henry Perky, an attorney for the Union Pacific Railroad in Denver, hoped

to sell the machines but found greater demand for the new cereal. Shredded wheat became the first ready-to-eat cereal that was mass produced and nationally sold. Before the turn of the century, the product was available in North and South America and Europe.

Corn Flakes. John Kellogg and his brother William K. discovered the process of making grain flakes by accident. They ran a batch of stale cooked wheat through the rollers to produce the sheets of dough they used for their cereals. Instead of a flat sheet, the wheat turned into flakes. The brothers initially toasted the flakes, experimented with other grains, and served the flakes to sanitarium patients. The more business-minded Will wanted to make corn flakes appealing to a mass audience by adding sugar. The



brothers parted ways, and Will started marketing Kellogg's corn flakes as "great tasting."

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How Raw Should You Go?

It's certainly a good idea to include raw fresh vegetables, fruits, nuts and seeds in your diet (especially organic items). Raw fruits and vegetables provide fiber, phytonutrients and contain higher levels of water-soluble vitamins like vitamin C.

However, a number of foods are actually more beneficial when they are cooked.

- ◆ The antioxidants in tomatoes (lycopene) and carrots (carotenoids) are more bio-available in cooked versions.
- ◆ Spinach, beets, broccoli, mushrooms, Swiss chard and rhubarb can inhibit the absorption of nutrients when eaten raw (in large quantities). Cooking decreases the "anti-nutrient" effects.
- ◆ Cooking also aids the digestion of plant material by breaking down the cellular walls, making nutrients more accessible and turning insoluble fiber to soluble fiber.

You might try eating raw meals a few times a week or include raw foods in your daily diet every day. It's important to get adequate protein and micronutrients, however. People with particular dietary needs such as pregnant women, infants and older people may want to avoid a primarily raw diet.

