



<https://iin.edlumina.com/navigation/reset>

# Fruitarian

A Fruitarian diet consists mainly of raw fruit – over 75% – with the remainder of the diet composed of raw, vegan foods. Some Fruitarians eat only what falls naturally from a tree or is available without harvesting or killing any part of the plant. All cooked foods are avoided, as it's believed that cooking kills a food's natural, beneficial enzymes.

Fruitarians characterize fruit as the ideal natural food. Some individuals may adopt this diet for religious, ethical, or moral reasons, or in an attempt to align themselves with the simplicity of nature.

## **Foods to include:**

- Raw vegetables
- Raw fruits
- Nuts and seeds
- Healthy oils

## **Foods to avoid:**

- Cooked vegetables
- Cooked fruit
- Grains
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Dairy
- Sugar
- Trans fats
- Processed foods

## **Pros:**

- Fruit has cleansing effect and may heighten senses
- May reduce amount of pure water needed since fruit has natural high water volume
- Fruit contains vitamins, minerals, and phytochemicals essential to optimal health

## **Cons:**

- Very restrictive
- Lacks variety – may lead to frequent hunger and nutrient imbalances
- Difficult to sustain
- Fruit may be genetically engineered and/or contaminated with pesticides or other chemicals
- High in sugar

## **Sources:**

Fruitarian Worldwide Network [www.fruitnet.org](http://www.fruitnet.org) <http://www.fruitnet.org>

The Fruitarian [www.thefruitarian.com](http://www.thefruitarian.com) <http://www.thefruitarian.com>

How to Become a Fruitarian [www.thenewearth.org](http://www.thenewearth.org) <http://www.thenewearth.org>