

List of Raw Foods to Eat

Sometimes, people embarking on a (mostly) raw food diet do ask the question, "What in the world do I eat?"

For this purpose, a list of raw foods you can eat, to give you some ideas, is provided below. These are individual foods, not recipes. Generally, it is best to always eat mostly from the fresh fruit category and least from the nuts, seeds and dried fruit categories.

FRUITS

As tree-ripened (especially citrus fruits) as you can possibly get them. Preferably organic.

General	Melons	Berries	Non-Sweet Fruit	Dried Fruit (unsulfured)
Apples	Cantaloupe melons	Blackberries	Avocado	Apricots
Bananas	Casaba melons	Black mulberries	Bell peppers	Banana chips
Cherimoya	Charentais melons	Blueberries	Cucumbers	Dates
Cherries	Crenshaw melons	Elderberries	Tomatoes	Figs
Clementines (mandarins)	Frog skin melons	Juniper berries	Zucchini	Mangoes
Currants	Honeydew melons	Raspberries	Etc.	Raisins
Durians	Muskmelons	Strawberries		Etc.
Dragon fruit	Piel de Sapo melons	Etc.		
Figs	Persian melons			
Goji Berries	Orange flesh melons			
Grapefruit	Watermelons			
Grapes	Etc.			
Jackfruits				
Kiwis				
kumquat				
Lemons				
Lime				
Lychee				
Mangoes				
Nectarines				
Oranges				
Papaya				
Passion fruit				
Peaches				
Pears				
Persimmons				
Plums				
Pomegranate				
Pomelo				
Tangelo				
Tangerine				
Etc.				

VEGETABLES

Preferably organic.

General	Herbs	Spices	Sea Vegetables
Artichoke	Arugula	Cardamom	Arame
Asparagus	Basil	Cayenne	Bladderwrack
Beetroots	Chives	Chili powder	Dulse
Bok choy	Cilantro	Chipotle powder	Hijiki
Broccoli	Dill	Cinnamon	Irish moss
Brussels sprouts	Fennel	Coriander	Kelp
Cabbage	Lemon grass	Cumin	Kombu
Carrots	Mint	Curry powder	Nori
Cauliflower	Oregano	Garlic	Sea lettuce
Celery	Parsley	Ginger	Wakame
Collard greens	Rosemary	Nutmeg	Etc.
Corn	Sage	Oregano	
Dandelion greens	Sorrel	Paprika	
Endive	Tarragon	Saffron	
Kale	Thyme	Turmeric	
Parsnip	Watercress	Vanilla	
Peas	Etc.	Etc.	
Rhubarb			
Romaine lettuce			
Spinach			
Sprouts			
Swiss chard			
Zucchini			
Etc.			

NUTS & SEEDS

Preferably organic.

Nuts

- Almonds
- Beech-nut
- Brazil nuts
- Cashew nuts
- Chestnuts
- Coconuts
- Hazel nuts
- Macadamia nuts
- Pine nuts
- Pistachio nuts
- Pecan nuts
- Walnuts
- Etc.

Seeds

- Chia seeds
- Flax seeds
- Hemp Seeds
- Poppy Seeds
- Sesame seeds
- Sunflower seeds
- Etc.