

# Douglas N. Graham

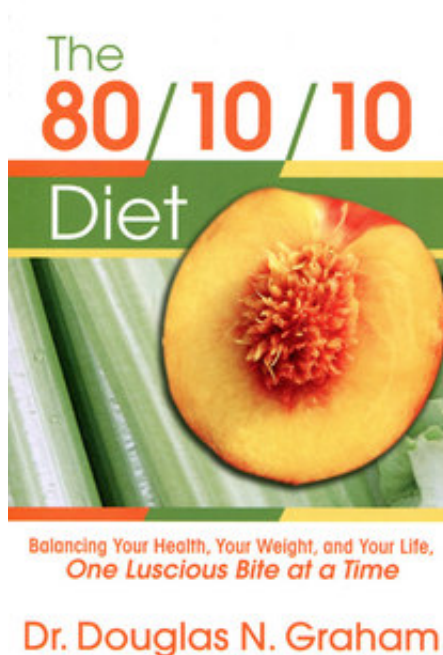
## The 80/10/10 Diet

Extrait du livre

[The 80/10/10 Diet](#)

de [Douglas N. Graham](#)

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## Chapter 8

### The Big Surprise:

### Raw Fooders Average 60%+ Fat!

As is true of new vegetarians or vegans, when people initially begin incorporating raw foods into their diets, they almost automatically gravitate toward foods of similar composition to the ones they are used to, in order to feel satisfied. With delight and abandon, they eat their fill of luscious raw concoctions that are tremendously rich and difficult to digest, certain that they have reached "nutrition nirvana." In the back of their minds, they may recall someone having mentioned that these are "transitional" or "celebration" foods, but today they are still celebrating their transition ... and what a party it is!

Can you make raw pizza? Sure, that's easy. You can find hundreds of pizza recipes among the dozens of raw websites and recipe books available today. Virtually any dish from any cuisine can be replicated using only raw ingredients.

In some parts of the U.S. and abroad, it is becoming easier and easier to jump on the raw food bandwagon. The raw-curious can dip their toes into an ever-expanding array of potlucks, food-preparation workshops, chef trainings, and prepared food offerings being presented by local raw chefs, speakers, and food vendors. Prepackaged raw snacks, desserts, and entrees are becoming popular in many health-food stores, sometimes meriting a section of their own with multiple rows of taste sensations. And it seems a new raw restaurant, or at least a deli with a few raw options, opens every week in some area of the country.

*Virtually every raw  
"gourmet" food you  
are likely to encounter  
is loaded with fat.*

For those with computer access, virtual communities and online discussion boards abound, and it doesn't take much searching to find plenty of helpful support (and confusing information) for your new endeavor. And if you can afford the luxury of travel, you can find raw retreats, festivals, and educational events taking place across the globe year 'round.

Unbeknownst to the new raw food enthusiast, however, virtually every speaker they are likely to hear and every food they are likely to taste will lead them down a garden path to a raw diet that at least equals—and often far surpasses—the fat content of mainstream American fare, in terms of percentage of calories consumed.

### **Low-Fat Cooked vs. High-Fat Raw**

People often ask whether it is better to eat a low-fat cooked diet or a high-fat raw one. Some people ask, "which is worse?" It is important to differentiate between eating "just to stay raw" and eating for health. The 80/10/10rv plan represents the ideal—the eating program that is optimal in everyway, including your health. If you were asked to choose between shooting yourself in the foot or shooting yourself in the hand, hopefully your choice would be not to shoot yourself at all. Choosing between the lesser of two evils is not the point of The 80/10/10 Diet. Each situation calls for the application of intelligence. You may often have to make decisions regarding the quality of your food. Knowing the ideal will serve you extremely well: whole, fresh, ripe, raw, organic, low-fat plants.

That said, I must emphasize that habitually eating a high-fat raw diet is profoundly damaging to the body, and we do ourselves no favors by rationalizing, "I know all this fat isn't so great for me, but at least it keeps me raw." If I found myself—on rare occasion—with only high-fat raw or low-fat cooked plant-food options, I would make one of two choices: Either I would forgo eating altogether by skipping that meal, or I would indulge in the high-fat meal and then follow it with a day or more where I eat no overt fat whatsoever. The occasional high-fat meal (preferably about six, and an absolute maximum of twelve times per year) is certainly an allowable exception, as the goal is to keep the overall diet as close to the 80/10/10 parameter as possible.

I do realize, however, that for various reasons some people find themselves ongoingly unable to eat enough fruit to make a low-fat raw vegan diet feasible for them. For such people, I must admit that eating in the 80/10/10 proportion, regardless of the food choices, wins hands down over habitually partaking of the high-fat foods popular at raw potlucks, restaurants, festivals, retreats, and workshops. If high-fat raw or low-fat cooked seem your only options, choose the low-fat option, every time.

If you must eat gourmet raw for a handful of "transitional" months, go ahead ... but keep your eye on the 80/10/10rv target, if health is your goal. Please, keep in mind that by far the easiest transition to this way of eating is invariably the shortest one, as verified by the many who have gone before you.

## **Raw Fooders Average 60%+ Fat!**

### **Why Raw Fooders Eat So Much Fat**

Just as in the mainstream population, many raw fooders have been taught to fear sugar and, therefore, to fear fruit. Eating lots of low-calorie greens and shunning fruits forces us to consume fats for satiation and caloric sufficiency. Whereas Americans consume between one-third and one-half of their calories as fat, most raw fooders consume at least 1/2 times that amount. They eat a continuous stream of nuts, seeds, oils, coconuts, olives, avocados, and other fatty fruits. Even when the quantities eaten look small, the calories in these foods add up quickly. As a result, many raw fooders attempt to live on a diet where fat accounts for 50, 60, and even 70-plus percent of the mix. Here are some of the reasons why:

#### ***Nuts and Seeds in Place of Meat and Dairy***

Raw nut and seed loaves, pates, and cheeses are staples in every raw gourmet kitchen and sure-fire favorites at raw food restaurants. But nuts and seeds pack a caloric wallop that even the fattiest meats cannot touch.

#### **Fat in Nut Loaf vs. Ground Beef**

<b>Item</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>% Fat</b>
Nut loaf: 8 oz. walnuts	1,480	1,240	83%
Veg-nut loaf: 4 oz. almond/4 oz. carrot	705	520	74%
Hamburger: 8 oz. ground beef (not lean)	660	410	62%

#### ***Seeds Instead of Grain***

Flax seeds, sunflower seeds, sesame seeds, hemp seeds, and several others have become popular as the "meal" of dehydrated crackers. Some are more mucilaginous gelatinous than others, but seeds typically are "sticky" enough to hold together when dehydrated, creating a reasonable facsimile of a cracker. These dehydrates look, feel, and taste pretty much like crackers. They hold dips as well as any cracker. Of course, in contrast to crackers made of grains that offer only a small percentage of their calories from fat, the majority of calories in these crackers (even when "cut" with a huge proportion of vegetables) come from fat, ranging from about 50 to 70%. But they remind us so much of "real" crackers when we eat them that it is difficult to remember they are more than half fat. And what do we eat them with? Why, a nice fatty nut and veggie spread, a seed cheese, or guacamole, of course.

Many raw fooders plow through a case of young coconuts weekly; some even daily. In addition to the high fat inherent in such a diet, imported coconuts are dipped in fungicide, thus contaminating both the meat and the liquid.

Packaged or bulk shredded coconut, like all other products dehydrated to a crisp, is not really a food in any sense of the word. It is a party item at best. If you include dried coconut at all among your list of acceptable "foods," I urge you to use it sparingly (maybe once or twice per year for very special occasions), and to purchase only the unsweetened, organically grown product. Otherwise, even the shredded coconut found in health-food stores usually contains sulfites to prevent browning, and often other chemical preservatives and additives. Most commercial air-dried coconut is dehydrated at temperatures between 170 and 180 degrees F.

### **Coconut Facts**

Coconut is a versatile food with a delicious, unique taste. The fruit of the coconut consists of a green or yellow-brown fibrous husk inside which the coconut itself is found. The nut itself has a hard outer shell with a kernel inside.

In the young "green" coconuts, the kernel is soft and jelly-like, and the central cavity is filled with coconut water. As the coconut matures, the kernel becomes harder and the amount of water decreases. The edible parts are the water and meat or jelly.

Below are some of the many ways coconuts are used as food, as well as data on fat content (from the USDA nutrient database).

- Coconut meat: The solid white flesh inside the mature coconut.
- Coconut jelly: Young coconut meat still in a semiliquid state.
- Coconut water: The translucent liquid inside a coconut.
- Coconut milk: Liquid expressed from grated coconut meat and water.
- Coconut cream: Liquid expressed from grated coconut meat.
- Coconut oil: A soft solid at room temperature. Warms easily to liquid.
- Dried coconut: Air-dried flaked or shredded mature coconut meat.

### **Raw Fooders Average 60%+ Fat!**

Item (100 grams or 3.5 ounces)	Cals	Fat Cals	% Fat
Coconut meat (mature)	355	285	80%
Coconut jelly ranges from 20% to 85% fat; increases with maturity.			
Coconut water	20	1.8	9%
Coconut milk	230	200	87%
Coconut cream	330	290	88%
Dried coconut	660	545	82%
Coconut oil	862	862	100%

All manner of amazing health "benefits" are attributed to the coconut, but I do not recommend using food as therapy for any purpose. Coconut meat is nearly all fat, the vast majority of which (80%) is saturated. If you eat a healthful low-fat raw vegan diet and live healthfully, you will not need the "benefits" of coconut or any other food.

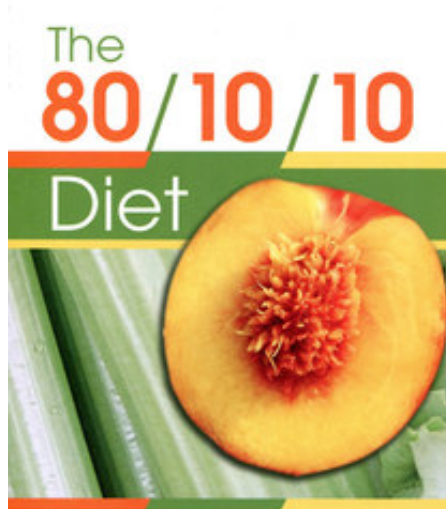
I suggest eating and drinking fresh coconuts when you visit the tropics, but otherwise reserving them only for an occasional indulgence. Aside from fresh, organic young coconut "jelly" or coconut water, this luscious treat is, unfortunately, not the best choice for your health—or your waistline.

### ***Oils Supplant Foods***

Many raw fooders believe that when they eat a large salad, they are consuming a low-fat meal. However, this is true only when the salad includes no oil-based dressing or other high-fat ingredients. Just one liquid ounce (2 tablespoons) of any salad oil transforms an innocent, seemingly healthy salad into a high-fat fiasco. It is no longer diet food, and it is no longer health food.

The simple salad example presented below includes 150 calories from vegetables and vegetable fruits, accompanied by a dressing containing 2 tablespoons of oil. Note that even this small quantity of oil increases the calorie count to nearly 400, and the calories from fat to 64%. In contrast, the same salad with no dressing, or perhaps with a blended fruit dressing, contains just under 10% of calories from fat, which is right on target.

Many raw fooders consume more vegetables *and* more oil in their "typical" salads. In addition, they add nuts, seeds, avocado, olives, and other fatty accompaniments. In this case, both the total calories and the percentage of calories from fat always increase.



Balancing Your Health, Your Weight, and Your Life,  
*One Luscious Bite at a Time*

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