

THE RAW FOOD GROUPS

- 1 **Fresh fruits** (apples, pears, pineapple etc.)
- 2 **Vegetables** (carrots, turnips, sweet potatoes etc.)
- 3 **Salad vegetables** (tomatoes, bell peppers, cucumbers etc.)
- 4 **Leafy green vegetables** (kale, watercress, chard etc.)
- 5 **Herbs** (basil, mint, parsley etc.)
- 6 **Wild greens** (dandelion, nettle, purslane etc.)
- 7 **Nuts** (almonds, pine nuts, macadamia nuts etc.)
- 8 **Dried fruits** (prunes, raisins, sultanas etc.)
- 9 **Sprouted beans, pulses and legumes** (aduki, mung, lentil etc.)
- 10 **Sprouted grains** (wheat, rye, barley etc.)
- 11 **Seeds** (pumpkin, sesame, sunflower etc.)
- 12 **Sprouted seeds** (quinoa, buckwheat, chia etc.)
- 13 **Indoor greens** (wheatgrass, sunflower greens, pea shoots etc.)
- 14 **Sprouted vegetable seeds** (broccoli, mustard, cress etc.)
- 15 **Edible flowers** (wild rose petals, honeysuckle, lavender blossoms etc.)
- 16 **Mushrooms** (oyster, portobello, reishi etc.)
- 17 **Sea vegetables** (dulse, wakame, kelp etc.)
- 18 **Algae** (chlorella, spirulina, Klamath lake blue-green algae etc.)
- 19 **Oils** (olive oil, sesame oil, hemp oil etc.)
- 20 **Stimulants** (onion, garlic, cayenne pepper etc.)
- 21 **Spices** (turmeric, cumin, nutmeg etc.)
- 22 **Flavourings and sweeteners** (cacao, honey, mesquite meal etc.)
- 23 **Superfoods** (aloe vera, bee pollen, maca etc.)
- 24 **Pre-packaged/prepared raw foods** (nut butters, seed butters, flax crackers etc.)

