

ROCKING
RAW!
CHEF 



Make Your Brain 10 Years Younger!

What to eat, what to avoid - to protect your mind & your memory



Use the power of natural foods to keep your brain strong, sharp and healthy! Includes a handy 'What to Eat, What to Avoid' chart for you to put on your fridge to remind you of the best foods to eat to enjoy a long and productive 'brain life!'



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At A Glance: What To Eat, What To Avoid

Eat lots of these

Fruit and Veg

Dark leafy greens (kale, spinach, chard...)
 Berries (esp blueberries, gojis)
 Any fresh fruit (esp bananas)
 Brassica veg (broccoli, cauliflower etc)
 Lentils and other beans
 Sea veg (dulse, nori, wakame, spirulina...
 these also provide protein and fats)

Good Fat & Protein Sources

Nuts (almonds, walnuts, brazils...)
 Seeds (flax, sunflower, sesame...)
 Avocados
 Oils (olive, grapeseed, walnut, flaxseed...)
 Fatty fish (BUT low in mercury, eg salmon.
 If you don't eat fish you MUST eat sea veg)
 Coconut and coconut water

Other Foods

Cacao (unroasted, if you have ADHD use carob instead as cacao contains caffeine)
 Reishi mushroom (can make tea)
 Camu camu (a berry, powdered)
 Chia seeds (also a complete protein)
 Mucuna pruriens (superfood, very potent)
 Maca (also a hormone balancer)

Avoid these as much as possible

Artificial Additives

Choose these instead:

Fresh fruit juices (rather than processed)
 Sparkling water w/juice (rather than soda)
 Homemade stir fry
 Fresh meals rather than frozen (better if they're made fresh by the supplier)
 Processed meat with water only

Dairy Products

Choose these instead:

Nut cheeses and creams
 Plant-based milks (eg oat, almond. Not soya: it can create hormonal imbalance)
 Note: If you really can't give up dairy, at least eliminate cow's milk: goat or sheep milks don't cause as much clogging

Other Foods and Substances

Choose these instead:

Reishi or dandelion 'tea' instead of coffee
 Dates, coconut palm sugar, xylitol or maple syrup instead of sugar
 Low mercury fish (eg salmon, shrimp...)
 Healthy fats instead of red meat (poultry instead of beef/pork, see above)



Natural (Raw) Food FAQs

What is raw food?

Put simply, raw food – sometimes called “living food” – is any food that has not been heated to above 48 degrees Celsius (117 degrees Fahrenheit). It is food that has been prepared without traditional cooking methods so that the life-enhancing enzymes present in all natural foods are kept intact for us to consume and use.

If you eat food that is alive, you feel...are you ready for it...more alive! It's that simple.

There are many easy ways to prepare food without heating it excessively, which means you can eat all kinds of amazing dishes. It's a bit like getting the benefits of a salad - but maybe you've eaten a curry, a soup, or a gorgeous dessert.

What do I eat that counts as raw?

Here's the full list of everything that makes for some tasty raw food eating:

- ★ **Fresh fruit** (apples, pears, etc.)
- ★ **Dried fruit** (prunes, raisins, etc. – just try to avoid the ones that have been prepared with vegetable oil because they contain artery-clogging trans fats)
- ★ **Fresh vegetables** (all kinds of salad veggies, bok choy, tomatoes, etc., plus all root vegetables except white potatoes – because raw white potatoes contain an alkaloid called solanine that cause nasty cramps and gas! Sweet potatoes are fine though)
- ★ **Dried vegetables** (such as dehydrated mushrooms as well as the powdered roots that give us super-nutritious foods – like maca, raw cacao, and seaweed such as nori and spirulina. They can all be found in your local health food store, Amazon, and even some larger



Natural (Raw) Food FAQs

supermarkets)

- ★ **Greens** (some you can grow yourself or buy, such as cress, wheatgrass, and sunflower greens. Others you can find wild outside your door, such as dandelions or nettles. Find out more about these foods [here](#))
- ★ **Fresh or dried herbs and spices** (parsley, basil, chilis and chili powder, turmeric, garlic, etc.) Dried herbs and spices have been heat-treated, but they're only used sparingly as condiments in my recipes
- ★ **Nuts** (almonds, hazelnuts, pine nuts, etc. – not roasted or salted)
- ★ **Seeds** (sesame seeds, poppy seeds, etc.)
- ★ **Sprouted nuts, seeds, beans, or grains** (sprouted quinoa, alfalfa sprouts, sprouted chickpeas, sprouted wheat, soaked almonds, etc.)
- ★ **Edible flowers** (zucchini blossoms, lavender flowers, etc. Get a good resource on edible flowers if you want to explore wild greens)

- ★ **Natural sweeteners** (maple syrup, pitted dates, (raw) honey, xylitol, etc. – see my article [here](#))
- ★ **Oils** (olive oil, avocado oil, hemp oil, sesame oil, flax oil, etc.)
- ★ **Any prepackaged raw foods** (nut butters, ready-made dehydrated breads and crackers, etc.) Just make sure you're still eating your fruit and veg, as fresh food should make up most of your daily eating for best raw rockin' results! This is especially true if you eat meat and starches too

As you can see, that's a lot of food to choose from!



Are You Ready for More?



Thank you for joining me – I hope you're able to dig right in and enjoy your food, knowing you're doing your brain - and the rest of your body - a LOT of good!

If you feel like you need some quick and easy recipes that use ALL of the foods I mention here, you can check them out here: www.rockingrawchef.com/5-minute-recipes.

And if you have *any* questions about anything to do with raw food, email me right away! barbara@rockingrawchef.com

Here's to rocking your food world!

Barbara