

RAW FOOD CONVERSION CHART

(Adapted from the "Best of Raw Food.com")

GENERAL GUIDELINES			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Resources	<ul style="list-style-type: none"> ▪ Grocery store 	<ul style="list-style-type: none"> ▪ Health food store 	<ul style="list-style-type: none"> ▪ Home-made ▪ Local farmers and Greenmarkets
Grown	<ul style="list-style-type: none"> ▪ Conventional grown 	<ul style="list-style-type: none"> ▪ Organic foods ▪ Naturally grown ▪ No pesticides, herbicides, chemicals ▪ Local farmers and Greenmarkets 	<ul style="list-style-type: none"> ▪ Wild ▪ Local and organic ▪ Own garden ▪ Sprouts
Processed	<ul style="list-style-type: none"> ▪ Junk ▪ Pre-packaged ▪ Fast food ▪ Grilled ▪ Micro-waved ▪ BBQ ▪ Fried 	<ul style="list-style-type: none"> ▪ Steamed ▪ Cooked ▪ Stir-fried ▪ Baked at low temperatures 	<ul style="list-style-type: none"> ▪ Raw ▪ Juiced ▪ Blended ▪ Dehydrated ▪ Cultured
Ingredients	<ul style="list-style-type: none"> ▪ Many ingredients ▪ Conservatives ▪ Sweeteners ▪ Chemicals ▪ E-numbers ▪ MSG, flavor enhancers, etc. 	<ul style="list-style-type: none"> ▪ Few ingredients ▪ Ingredients with names you can pronounce 	<ul style="list-style-type: none"> ▪ All fresh ingredients
FOOD			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Sugar	<ul style="list-style-type: none"> ▪ All forms: <ul style="list-style-type: none"> - Dextrose - Corn syrup - Rice syrup - Malt 	<ul style="list-style-type: none"> ▪ Raw honey ▪ Agave ▪ Maple syrup 	<ul style="list-style-type: none"> ▪ Fresh fruit ▪ Dehydrated fruit ▪ Date paste ▪ Soaking water from reconstituted dried fruit ▪ Stevia ▪ Miracle Fruit
Artificial Sweeteners	<ul style="list-style-type: none"> ▪ All forms: <ul style="list-style-type: none"> - Aspartame - Splenda - Xylitol 	--	<ul style="list-style-type: none"> ▪ Stevia ▪ Miracle Fruit
Salt	<ul style="list-style-type: none"> ▪ Table salt 	<ul style="list-style-type: none"> ▪ Unrefined Celtic sea salt ▪ Unrefined Himalayan salt 	<ul style="list-style-type: none"> ▪ Organic salt from plants <ul style="list-style-type: none"> - Celery - Tomatoes - Sea Vegetables <ul style="list-style-type: none"> ▫ Kelp ▫ Dulse

Flour	<ul style="list-style-type: none"> ▪ White flours from: <ul style="list-style-type: none"> - Wheat - Corn - Rice, etc. 	<ul style="list-style-type: none"> ▪ Organic whole flours from: <ul style="list-style-type: none"> - Spelt - Kamut - Quinoa - Oat - Buckwheat groat - Millet - Brown rice - Other non stored grains 	<ul style="list-style-type: none"> ▪ Nut and seed flours ▪ Buckwheat groat ▪ Coconut flour
Bread, Crackers and Chips	<ul style="list-style-type: none"> ▪ From supermarket 	<ul style="list-style-type: none"> ▪ Home-made ▪ Health food store ▪ Yeast-free ▪ Wheat-free ▪ Sprouted ▪ “Essene” bread 	<ul style="list-style-type: none"> ▪ Dehydrated flax crackers ▪ Dehydrated nut-based crackers ▪ Kale chips
Pasta	<ul style="list-style-type: none"> ▪ White pasta 	<ul style="list-style-type: none"> ▪ Organic spelt or buckwheat ▪ Sprouted pasta 	<ul style="list-style-type: none"> ▪ (Raw) “pasta” made from winter squash and summer squash ▪ Thai coconut noodles ▪ Kelp noodles
Fat	<ul style="list-style-type: none"> ▪ Butter ▪ Shortening ▪ Margarine ▪ Chemicals ▪ Trans fats ▪ Animal fats ▪ Fermented fats 	<ul style="list-style-type: none"> ▪ Cold-pressed coconut oil ▪ Olive oil ▪ Grapeseed oil ▪ Hemp seed oil ▪ Flax seed oil 	<ul style="list-style-type: none"> ▪ Seed and nuts ▪ Fresh coconut flesh from either young coconut or mature coconut ▪ Avocado
Meat	<ul style="list-style-type: none"> ▪ Cold cuts ▪ Processed meat: ▪ Hot dogs ▪ Bacon ▪ Salami, etc 	<ul style="list-style-type: none"> ▪ Organic raised ▪ Nitrites free ▪ E-numbers free (EU) ▪ MSG free, etc. 	<ul style="list-style-type: none"> ▪ Nut/seed paté ▪ Raw “meat” balls made from nuts/seeds ▪ Eggplant “bacon” ▪ Mushroom
Fish	<ul style="list-style-type: none"> ▪ Farm raised fish 	<ul style="list-style-type: none"> ▪ Wild fish ▪ Not endangered ▪ Wild Alaskan fish ▪ Caught same day ▪ Cold smoked wild Alaskan salmon 	<ul style="list-style-type: none"> ▪ Dulse ▪ Oyster mushroom ▪ Lobster mushroom
Eggs	<ul style="list-style-type: none"> ▪ Conventional eggs 	<ul style="list-style-type: none"> ▪ Organic farm free eggs 	<ul style="list-style-type: none"> ▪ Egg replacers: <ul style="list-style-type: none"> - Agar agar - Flax seed - Psyllium fiber - Chia seeds - Aloe vera - Irish moss
Cheese	<ul style="list-style-type: none"> ▪ Cheese ▪ From cow ▪ Pasteurized ▪ Not organic ▪ Homogenized 	<ul style="list-style-type: none"> ▪ Organic raw goat cheese ▪ Organic raw sheep's cheese 	<ul style="list-style-type: none"> ▪ Nut cheese ▪ Seed cheese
Milk and Yoghurt	<ul style="list-style-type: none"> ▪ Milk, yoghurt ▪ From cow ▪ Pasteurized ▪ Homogenized 	<ul style="list-style-type: none"> ▪ Organic milk ▪ Raw goat's milk ▪ Almond milk from store ▪ Rice milk ▪ Coconut milk 	<ul style="list-style-type: none"> ▪ Milk made from nuts and seeds ▪ Fresh coconut water and coconut flesh

BEVERAGES			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Water	<ul style="list-style-type: none"> ▪ Water from tap ▪ Plastic-bottled 	<ul style="list-style-type: none"> ▪ Brands: Evian, Poland Spring, Fuji Water 	<ul style="list-style-type: none"> ▪ Low-mineral spring water ▪ Filtered ▪ Glass-bottled
Tea	<ul style="list-style-type: none"> ▪ Black tea 	<ul style="list-style-type: none"> ▪ Decaffeinated teas 	<ul style="list-style-type: none"> ▪ Herbal teas
Coffee	<ul style="list-style-type: none"> ▪ Coffee ▪ Decaffeinated coffee 	<ul style="list-style-type: none"> ▪ Grain coffee 	<ul style="list-style-type: none"> ▪ Raw ("hot") chocolate milk
Soft Drinks	<ul style="list-style-type: none"> ▪ Lemonade ▪ Jam ▪ Soft drinks ▪ Fruit juices 	<ul style="list-style-type: none"> ▪ Organic fresh juices ▪ Flash pasteurized 	<ul style="list-style-type: none"> ▪ Freshly-squeezed juice: <ul style="list-style-type: none"> - Fruit juices - Vegetable juices - Smoothies - Green powder juice - Superfood drinks - Fresh coconut water - Smoothies ▪ Kombucha ▪ Coconut water kefir
CONDIMENTS and SPREADS			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Ketchup	<ul style="list-style-type: none"> ▪ Tomato ketchup ▪ From supermarket 	<ul style="list-style-type: none"> ▪ Organic, sugar-free ketchup ▪ Home-made ketchup 	<ul style="list-style-type: none"> ▪ Raw ketchup made from fresh tomatoes and dehydrated tomatoes
Mayonnaise	<ul style="list-style-type: none"> ▪ From supermarket 	<ul style="list-style-type: none"> ▪ Organic, no sugar added ▪ Home-made 	<ul style="list-style-type: none"> ▪ Raw mayonnaise made from avocado ▪ Raw mayonnaise made from nuts/seeds
Pickles	<ul style="list-style-type: none"> ▪ From supermarket ▪ Nitrate 	<ul style="list-style-type: none"> ▪ From health food store 	<ul style="list-style-type: none"> ▪ Home-made
Pasta Sauces	<ul style="list-style-type: none"> ▪ From package ▪ Cans ▪ Macaroni and cheese ▪ Ready-made 	<ul style="list-style-type: none"> ▪ From health food store ▪ Organic ▪ Home-made ▪ Pesto sauce ▪ Tomato sauce 	<ul style="list-style-type: none"> ▪ Fresh raw tomato sauce ▪ Fresh raw pesto ▪ Nut-based cream sauce
Bread Spreads	<ul style="list-style-type: none"> ▪ Cold cuts ▪ Processed meat ▪ Jam ▪ Chocolate spreads ▪ Cheese 	<ul style="list-style-type: none"> ▪ Organic almond butter ▪ Jam/Jelly 100% fruit ▪ Raw honey ▪ Raw cheese 	<ul style="list-style-type: none"> ▪ Avocado ▪ Pesto ▪ Tapenade ▪ Salsa ▪ Guacamole ▪ Nut paté ▪ Nut cheeses ▪ Coconut butter

SPECIAL TREATS			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Candy	<ul style="list-style-type: none"> ▪ Candy from supermarket ▪ Energy bars ▪ Diet bars ▪ Chips ▪ Cookies 	<ul style="list-style-type: none"> ▪ Organic from health food store: <ul style="list-style-type: none"> - Candy - Chips - Cookies - Popcorn 	<ul style="list-style-type: none"> ▪ Raw cookies, cakes and pies ▪ Fresh fruit ▪ Dried fruit
Cookies, Cakes	<ul style="list-style-type: none"> ▪ Cookies from supermarket ▪ Cakes from supermarket 	<ul style="list-style-type: none"> ▪ Organic from health food store ▪ Home-made cookies ▪ Home-made cakes 	<ul style="list-style-type: none"> ▪ Raw cookies, cakes and pies ▪ Dehydrated cookies
SUPPLEMENTS			
	<i>Bad</i>	<i>Better</i>	<i>Best</i>
Supplements and Vitamins	<ul style="list-style-type: none"> ▪ Supplements ▪ Vitamins ▪ From supermarket ▪ From drugstore 	<ul style="list-style-type: none"> ▪ Supplements from some small companies 	<ul style="list-style-type: none"> ▪ Whole food supplements ▪ Super foods ▪ Green powders