ATTEND
The second Sunday of every month in Mumbai, a bunch of enthusiasts gather to exchange notes with raw food practitioner Mona Gandhi. Having steered clear of cooking since 2012, she espouses with raw food practitioner Mona Gandhi. Having steered clear of cooking since 2012, she espouses


EAT
It’s not your typical eat-out session when the restaurant you’re at doesn’t have a kitchen or stove, Purushottam’s The Auroville Raw Food Centre is one of the first eateries in India to bring raw food to the table. “Raw is the highest level in holistic health but not easy to adopt. Start off with a plant-based diet,” says Dr Nandita Shah, founder of Sharan India, which supports ecologically sustainable lifestyles. A growing breed and celebrity backing (Demi Moore, Uma Thurman) have made raw eateries commonplace in the West. In India, eateries like Goa’s Blue Planet Café (Blueplanetcafe.com) and Bengaluru’s Carrots, The Healthy Kitchen (Carrotskitchen.com) are reinventing raw on menus (purists allow food cooked below 48 degrees Celsius in their diet).

SHOP
The conscious foodie no longer Skylines or picks groceries from street vendors. To buy the freshest supply, the shift is now toward farmers’ markets (held weekly in most metros), where farmers sell locally grown, organic produce directly to customers. It’s also a meeting point for health-conscious gourmets. “It’s a good place to stock up on your weekly supplies, and organic vegetables taste better,” says Dya Ranjan, who’s been a regular at Mumbai’s Maharashtra Nature Park farmers’ market in Mumbai since it debuted in 2010. If you need convincing, raw foodists have a buffet of options in India that prompted him to introduce his catalogue of six cold-pressed juices that eschew preservatives, additives, artificial flavours, sugar and even water. “Heating and cooking food destroys the natural nutrients and enzymes,” states Kaur.

Today, if you were to look closely at your eating habits, Spike Jonze’s post-modern tale, Her, wouldn’t seem all that far-fetched. “You got to eat your fruits and juices very carbohydrates.” In how the film’s lonely protagonist, Theodore Twombly (Joaquin Phoenix), is introduced to the latest dietary practices. After a decade of slow cooking, the tables are turning to no-cooking. Here’s a five-pronged guide to being a raw foodist: a person who opts for unprocessed food.

• Don’t plunge straight into raw—start by making half your meal raw.
• Monitor you Vitamin B12 and D levels regularly.
• Hygiene is crucial. Wash vegetables thoroughly.
• Opt for soy milk over unhygienic dairy products.

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NO RAW DEAL
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