



POPULAR DIETARY PRACTICES

By Ksenia Riabenco

- According to the Oxford dictionary the word "vegetarian" is derived irregularly from 'veget-able' plus 'arian'. People started to use the word after the first Vegetarian Society was founded (1847).



VEGETARIAN SOCIETY IN GREAT BRITAIN.

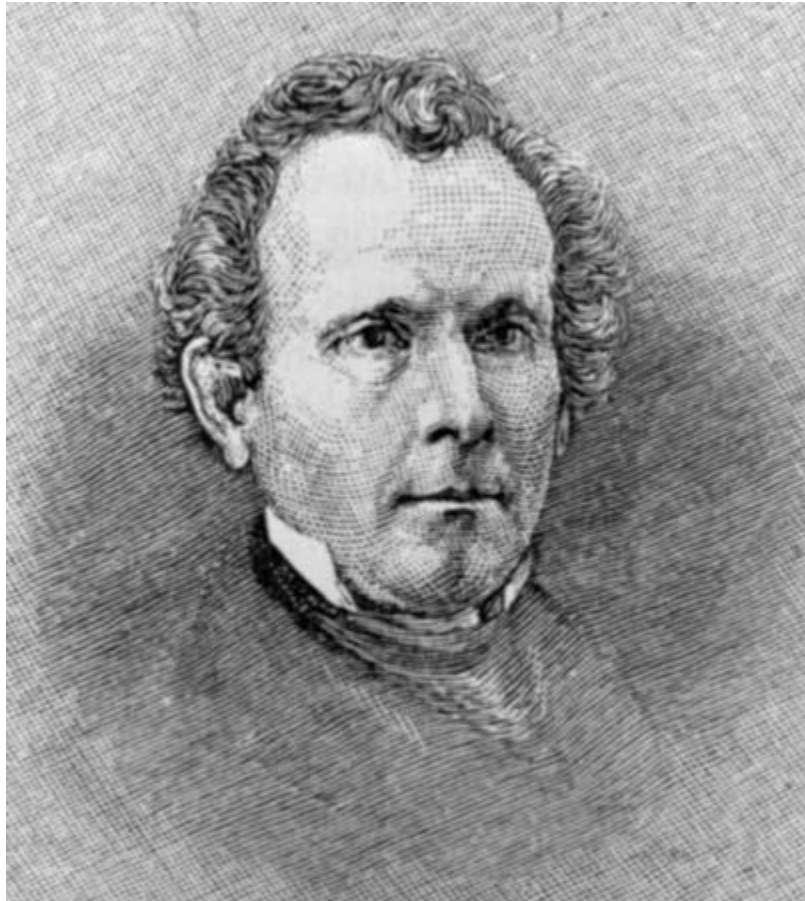


RAW FOODISM

- It is a dietary practice that allows only raw, uncooked food. Raw foodists believe that people have been eating only raw food for millions of years and were absolutely fine.

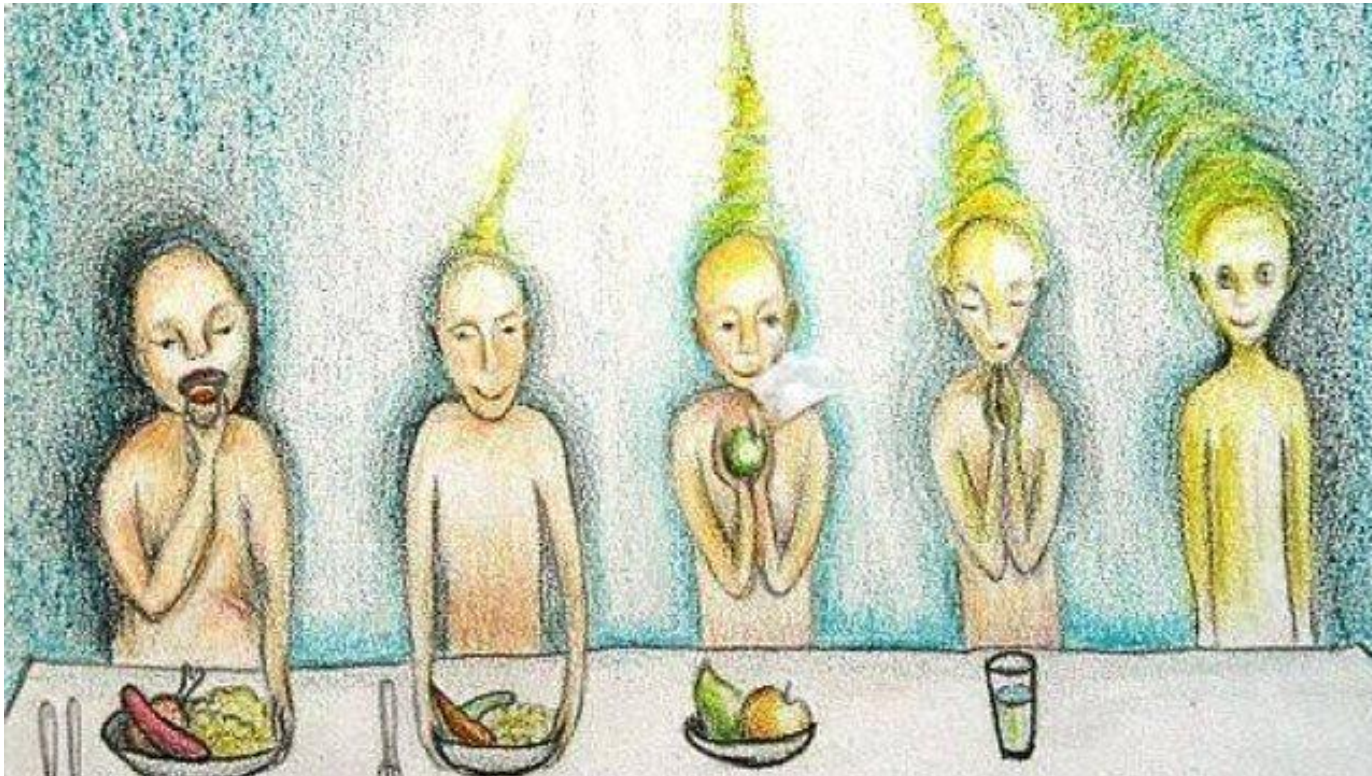


THE FOUNDER OF RAW FOODISM, AN AMERICAN PRIEST SYLVESTER GRAHAM



BREATHARIANISM

- Breatharianists eat so called "prana", cosmic energy. The source of prana is sunlight.



Omnivore



Omnivores eat pretty much everything, including: meat, dairy, wheat, sugar, gluten, junk food and fizzy drinks. Vegetable variety for most is rather small

Pescetarian/ Vegetarian



I've put pescetarians (eat fish) and vegetarians together because some people call themselves vegetarian if they eat fish. They also eat dairy, eggs, tofu. Basically all but meat

Vegan



Vegans are more conscious of what they eat, they don't eat dairy, eggs or any kind of animal products. Some come off tofu and eat organic as much as possible. High variety

Raw



Raw vegans eat 75-100% raw, living food (i.e. not cooked >42°). They do not eat animal products & often sugar, wheat. They eat all types of fruits & veg, nuts, seeds, sprouted beans & grains

Fruitarian



Fruitarianism involves the practice of following a diet that consists only of fruits (some eat nuts and seeds). They do not animal products, vegetables and grains

Mono fruitarian



Many fruitarians believe in eating only one fruit at a time: e.g. only bananas for the whole day/ week/ month. This detoxes your body even further

Liquidarian



This is the "final" detoxification stage where people live only off liquids: either juices or just plain water.

Breatharian



Breatharians do not consume physical food, they live entirely off the pure energy of the world (prana) or sunlight. This is NOT starving. Should not be attempted without guidance



SOURCES

- 1. <http://en.wikipedia.org/wiki/Vegetarianism>
- 2. <http://vegjournal.ru/filosofiya/istoriya/578-vegetarian-skie-obshchestva-xix-nachala-xx-veka-evropa-i-ssha.html>
- 3. <https://ru.wikipedia.org/wiki/%D0%A1%D1%8B%D1%80%D0%BE%D0%B5%D0%B4%D0%B5%D0%BD%D0%B8%D0%B5>
- 4. [http://rationalwiki.org/wiki/Raw foodism](http://rationalwiki.org/wiki/Raw_foodism)
- 5. <https://ru.wikipedia.org/wiki/%D0%A1%D0%BE%D0%BB%D0%BD%D1%86%D0%B5%D0%B5%D0%B4>
- 6. <https://ru.wikipedia.org/wiki/%D0%94%D0%B6%D0%B0%D1%81%D0%BC%D1%83%D1%85%D0%B8%D0%BD>

