

LIVING HEALTHY IN THE REAL WORLD

Tips from a Raw Foodist

Posted by Sagan on 5 January 2011, 12:29 am

My friend Jeff (the one who started our urban indoor garden) is a raw foodist with his own blog, The Cool Vegetarian, so he and I decided to do a video interview together! Check it out below to hear his tips for eating healthy, even in the winter when the need for comfort food strikes. And be sure to visit Jeff's blog to view the video interview with my answers to his questions!

What tips do you have for eating healthy?