The 5th stage of the dietary transition: The hygienist diet (1/2)

This stage is compatible with:

- Ayurveda, Traditional Chinese Medicine, and macrobiotics
- Raw foodism, veganism, and living food
- The Mediterranean diet and the Seignalet diet

The logic and objectives of the stage.

From this stage onward, one gradually moves toward a **fruitarian-style diet. Home-made meals prepared with quality foods ("good," if not strictly organic) become increasingly simple, while following certain hygienist principles that promote digestion. At least one fruit-based meal and one vegetable-based meal are incorporated daily.**

The concrete changes to implement.

Reduce the consumption of cooked starchy foods (grains, legumes, and tubers) and animal proteins (<15% of total caloric intake) in favor of the natural sugars found in fruits.

For this approach to work, it is important to ensure that total caloric intake remains sufficient (to be checked using the Cronometer app). At this stage of the transition, fruit intake exceeds 1 kilogram per day (excluding peels and pits), along with at least 0.5 kg of raw vegetables or fruit-vegetables (tomatoes, cucumbers, zucchini, squash, etc.) per day, consumed as juices or raw salads.

Food combinations to follow:

- Those recommended at Stage 4
- Avoid mixing fruits with other foods, except with other fruits (smoothies) or with vegetables. The fruit–oilseed combination, although discouraged, is still possible as long as it is well digested.
- Do not consume starchy foods (such as tubers, grains, legumes, etc.) together with protein-rich foods (such as chicken, dairy products, eggs, oilseeds, etc.) or with acidic foods (such as tomatoes).

Follow these hygienist principles:

- Eat within a time window between 8 and 12 hours (intermittent fasting), with the ideal window being from 10 a.m. to 6 p.m. (UTC).
- Always eat raw foods before cooked foods ("nourish before filling up"), or alternatively, eat only raw plant-based foods until 4 p.m., then finish the day with a more flexible meal (excluding industrial foods, dairy products, and gluten).

The results once the objective is achieved.

Fruit-based meals and vegetable-based meals are well digested and increasingly appreciated for their simplicity and flavors. Fruits and vegetables, eaten whole or prepared as RAWcuisine-style dishes, have taken precedence over cooked meals and animal proteins. Some attachment to the latter may still remain, but it gradually diminishes.