The 6th stage of the dietary transition: The hygienist diet 2/2

Stage compatible with:

- raw foodism, veganism, and living food
- the Mediterranean diet and the Seignalet diet

The logic and objectives of the stage.

Gradually, the proportion of raw plant-based foods continues to increase through the introduction (if this has not already been done) of rich or energy-dense foods such as vegetable juices, seawater, exotic fruits, dried fruits, sprouted seeds, honey, superfoods, algae, lacto-fermented vegetables, stimulants, and oilseeds.

The concrete changes to implement.

Reduce the consumption of cooked starchy foods (grains, legumes, and tubers) in favor of the natural sugars found in fruits.
For this 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 1.5 kilograms per day (excluding peels and pits), along with at least 0.75 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 stages 4 and 5, along with the hygienist principles of stage 5.
- Melons and watermelons should be eaten separately from other fruits.
- Do not consume starchy foods (such as tubers, grains, legumes, etc.) together with fatty foods (such as oils, oilseeds, eggs, etc.).

Introduce new rich or energy-dense foods: vegetable juices, seawater (which replaces unrefined salt), exotic fruits, dried fruits, sprouted seeds, honey, superfoods, algae, lacto-fermented vegetables, stimulants, and oilseeds.

The results once the objective is achieved.

At this stage of the transition, industrial food is exceptional (no more than 2 to 3 times per month), and the consumption of meat, fish, or eggs is occasional (no more than 2 to 3 times per week). Meals are mostly composed of raw fruits and vegetables. From this point onward, cleansing protocols become important—if not decisive—for moving on to the next stage.