

The 9th stage of the dietary transition: The fruitarian diet

Stage compatible with:

- Veganism and living food.

At this stage, a living, plant-based diet is fully established and stable. Cravings or compulsions toward non-physiological foods are under control and have become nothing more than a distant memory. Instead, one often observes attachments (or even compulsions) toward fatty foods, stimulants (see stage 4), as well as certain poorly digestible food combinations, which now play the buffering role for detoxification (physical and emotional) that industrial, cooked, or animal-based foods once fulfilled. The challenge of this stage is to wean oneself off fats and all kinds of stimulants in order to return as much as possible to a simple, natural living diet.

The logic and objectives of the stage.

The concrete changes to implement.

The main principles of the fruitarian diet:

- Approximately 10% fat, 10% protein, and 80% carbohydrates.
- About 40% of calories are burned through physical activity.
- The main meal is a fruit meal (at least 3 kilograms per day), complemented by vegetable meals.
- Strongly limit foods that cannot constitute a meal on their own (especially chili, garlic, onion, and ginger), which act as stimulants.
- Consume only foods at room temperature.

Food combinations to follow:

- Those recommended at stages 4, 5, 6, and 8, along with the hygienist principles of stage 5.
- Fruits are eaten alone (mono-meal) or with leafy vegetables.
- Wait at least 30 minutes before switching from one type of fruit (as a mono-meal) to another.
- A maximum of 2 to 3 meals per day (fruit or vegetable meals) OR 4 to 5 mono-meal intakes per day.

Cessation of RAWcuisine and exceptional consumption of certain rich or energy-dense foods such as stimulants (see stage 4), seawater, algae, superfoods, and dehydrated foods.

At this stage, the body no longer needs to be over-supplied with vitamins, minerals, salts, etc. It functions perfectly well with what is found in fruits and vegetables in their raw form.

Some people will reach this stage while still retaining raw animal proteins, but they will not obtain all of the expected benefits.

This corresponds to the ideal diet as presented in Douglas Graham's book "The 80/10/10 Diet." At this stage of the transition, meals are mostly composed of fruit mono-meals and raw vegetables prepared in a simple way, meaning no more than 5 ingredients, low in fat, and with compatible food combinations.

The results once the objective is achieved.