RAW FOODISM

The Hawaii State Library has many excellent resources for adults seeking information on the raw food diet. Whether you are a long time advocate in search of new recipes or are newly curious about incorporating raw foods into your current lifestyle, this guide will direct you to a variety of useful materials.

SUBJECT HEADINGS

To search for materials in the library catalog, select “Subject Browse” from the dropdown on the search page and enter one of the following terms:

RAW FOOD DIET
RAW FOODS
RAW FOODS—THERAPEUTIC USES

BROWSING THE SHELVES

Materials about raw foods are located at call numbers 613.26 (Special Dietary Regimens) and 641.563 (Cooking for Health, Appearance, Personal Reasons), in the Business, Science and Technology Section (Second Floor).
GENERAL REFERENCE


R 641.3 Da

RECOMMENDED BOOKS


641.5636 Ke


641.5636 Ph


613.265 Da
HELPFUL ARTICLES


You may find other useful articles in Vegetarian Times and Vegnews. Please visit the Periodical Room to browse recent issues of these magazines.

DATABASES

You can search for additional articles using the Alt HealthWatch and Health Source databases.

Navigate to the library’s access page at http://bit.ly/8Z90BD. Select the database of your choice and enter your library card number when prompted.

To locate relevant articles, enter “raw foods OR raw food diet” in the search box and select “SU Subject Terms” from the adjacent dropdown menu.
WEBSITES

The following sites contain useful information about the raw food lifestyle:


Hawaii State Library
478 S King St
Honolulu, HI 96813
(808) 586-3500
http://www.librarieshawaii.org