

# Fruitarianism: Healthy in Theory, but not in Practice

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## Results

*How does a fruitarian diet affect weight loss?* Fruitarians certainly lose weight, and fast. Because many fruits have such a high water content, much of what a fruitarian eats does not actually have much substance. Without careful consideration, it is difficult for fruitarians to consume the necessary amounts of fat, and high protein concentrations are only available through nuts, though they cannot constitute more than 25% of diet as defined. Fruitarians must eat a variety of fruits in a given day in order to get all the nutrients they need, but this makes it very difficult to obtain the protein and fat that they need. Avocados are helpful for fat consumption, but do not contain enough to fulfill the daily requirements readily. Fruitarians also must be sure to eat plenty of dark greens in order to get the calcium that their bodies need.

*Avocados.* Avocados are rich in B vitamins, vitamin E, vitamin K, potassium, and monounsaturated fats. A fatty triol, avocadene, has recently been found in avocados and is important for anti-inflammatory purposes. The monounsaturated fats found in avocados help to lower levels of LDL cholesterol without lowering HDL cholesterol, therefore reducing plaque.

*Apples.* Apples are rich in vitamin C, as well as many other antioxidants. Antioxidants are important because they trap free radicals, reducing oxidation and plaque in the body. Apples help to reduce cholesterol because they do not contain any cholesterol and are rich in fiber, which prevents cholesterol reabsorption.

*Bananas.* Bananas are often touted for being rich in potassium, but they actually have 60% less potassium than avocados. Potassium, though, is important because it helps with the Na-K pump, which is essential in lengthening cell life. Bananas are also rich in iron, a mineral that can be difficult to come by in the fruitarian diet.

## Discussion

Many fruits such as avocados, apples, and bananas have important health benefits like the ones discussed above. A diet consisting only of fruit, though, lacks nutrients such as omega-3 and omega-6 fatty acids, vitamin B-12, and sufficient amounts of fat that are essential for good health. A fruitarian diet certainly works for weight loss, but the rate of weight loss is likely to be unhealthy.

Fruitarianism takes a lot of thought and effort, which can cause an unhealthy obsession with food. Fruitarians may obsess about what they eat and become antisocial because they are unable to connect with others over food. Because fruitarians must consume so much fruits in order to reach a healthy caloric intake, they also spend a lot of time eating, which can cause antisocial behavior.

While fruit is an important part of any balanced diet, a fruitarian diet is not ideal because of the rate of weight loss, lack of important nutrients, and resulting antisocial and obsessive behavior.

## Abstract

Fruitarianism is an extreme diet consisting of 75% raw fruit and 25% raw vegan food such as greens and nuts. While many fruits do have health benefits, and eating a vegetarian diet is generally more healthful than one that includes meat, eating only fruit not only causes difficulty in accessing important nutrients such as omega-3 and omega-6 fatty acids as well as vitamin B-12 and various vitamins and minerals, it also causes problems with food obsession and social isolation. Fruitarians certainly experience successful weight loss, but the rate at which one loses weight is often unhealthy and can reach anorexic levels. Avocados, apples, and bananas all contain beneficial nutrients, but it is important for fruitarians to incorporate as many fruits as possible as well as nuts and greens into their diets.

## Introduction

Fruitarianism is closely related to the raw food diet, but is much more restrictive. It is claimed that this diet is energizing, cleansing, and healthful, but I hypothesize that there are many dangers in denying oneself access to important vitamins, minerals, and other equally important nutrients. Fruitarianism is also an extremely difficult diet to follow. One must pay extraordinarily close attention to what foods and what quantities of food are eaten in order to successfully get all of the nutrition that the human body needs. Though it is possible to obtain many essential nutrients while eating a strictly fruitarian diet, it requires thorough planning, and there are certain nutrients that are impossible to obtain.

I concentrate on the effectiveness of the fruitarian diet for weight loss as well as general nutrition. I also examine typical fruits, avocados, apples, and bananas, in detail and discuss their individual health benefits and nutrients.

**Figure 1: Bananas** Bananas are rich in vitamin B6, potassium, and carbohydrates.



## Method

I obtained the information here through research of peer-reviewed scientific literature.



**Figure 3: Apples** Apples contain vitamin C as well as a great amount of antioxidants.



## References

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