

What is Clean Eating?

There is no concrete definition for "clean eating". It's important to understand that clean eating is not a "diet" but rather a lifestyle choice. It is not a new concept either as the idea has been a focal point for health conscious and fitness inspired individuals for some time. The underlying idea revolves around choosing foods that are natural, wholesome, free of chemicals, additives, preservatives as well as refining and processing. Health wise, this eating plan may result in some distinct advantages, including maintaining a healthy weight and sticking to an ideal blood pressure and cholesterol level. Eating clean is easy to understand- if you are eating a diet rich in whole grains, legumes, lean meats, fruits and vegetables, free of processing and left in their natural state, you are reaping the rewards of a diet rich in vitamins, minerals, fiber, and health protective phytonutrients without all of those unfavorable additives like added fats, salts, and



Don't be afraid of "fat"

Trust in good quality, healthy fat:
Clean eating strictly encourages that all saturated fats are replaced with naturally found healthy fats. This step is most important for getting your body back in a healthful balance. Start by:

- Lower your saturated fat intake by choosing lean cuts of meat and getting most of your fat calories from foods like nuts, avocados, and fatty fish



References and further reading:

-Clean Eating Magazine– www.cleaneatingmag.com
-www.environmentalnutrition.com



For additional information,
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Consume food in its most natural state

Clean Eating guidelines to live by:

- *Eat five to six times a day*– three meals and two to three small snacks.
- *Drink at least two liters of water a day*– limit your alcohol intake to one glass of antioxidant-rich red wine a day.
- *Know your labels*– clean foods contain just one or two ingredients. Any product with a long list of ingredients is man-made and not considered clean.
- *Avoid processed and refined foods*– including white flour, sugar, bread, and pasta. Enjoy carbs such as complex whole grains instead.
- *Know the dirty foods*– steer clear of anything high in saturated fats, anything fried or anything high in sugar.
- *Choose local*– consume humanely raised and local meats.
- *Choose organic whenever possible*– If your budget doesn't allow you, make meat, eggs, dairy, and the "dirty dozen" your organic priorities.
- *Consume healthy fats*– try to have essential fatty acids, or EFA's, every day.
- *Learn your portion sizes*: work towards eating within them.
- *Slow down and savor*– never rush through a meal.
- *Take it to go*– pack your lunches and snacks by eating clean on the run.
- *Make it a family lifestyle*– Improve the quality of your family's life along with your own.

Main Inside Heading



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