

## Tips for Eating Clean

In a nutshell eating clean means embracing whole foods like vegetables, fruits and whole grains, plus healthy proteins and fats. It also means cutting back on refined grains, pesticides, additives, preservatives, unhealthy fats and most sugar and salt. Try to shop the perimeter of the store for the least unprocessed foods. If something comes in a package, the food is not considered “clean”. There is no such thing as a cheerio tree!

Eating local and “in season” is the best way to pack your body with good nutrients. For example, eating a watermelon in the winter means that either it was genetically modified, or it has had a very long journey to get to you. Either way, the nutrients are much lower. Get to know some of the seasonal foods that naturally exist and buy them fresh at a local market.

Greens are a fundamental part of our diet. They’re loaded with nutrients to protect and fight disease, calories are minimal, and help to alkalize our bodies. Make sure to get in some sort of green food at least once a day. Whether it be in a smoothie, as the base of a salad, or as a side dish at dinner, make sure to eat some each day.

Never use American cheese and Cheez Whiz, and go for feta and goat cheese. Instead of shopping for cheeses in the dairy aisle, check out the fresh cheese section, and see what is available, keeping in mind the expiration date.

Instead of having a highly-processed salad dressing, try olive oil and vinegar. It tastes delicious and it is sugar free! Try mashed avocado on a sandwich instead of mayo. Add anti-inflammatory herbs like turmeric and pepper for a yummy treat.

Protein helps to build and repair muscles; it also helps keep us full and satisfied. Eating protein at lunch and dinner is easy but breakfast is a little more challenging. Space the protein you eat throughout the day to keep your body strong and cravings at bay. Unprocessed lean protein, such as legumes and fresh meats free of preservatives are good. For breakfast, try unsweetened yogurt (cow, sheep or goat), eggs, or almond / cashew butter spread on whole grain toast with banana and cinnamon.

\*\* Most power bars are filled with sugar and poor-quality ingredients like isolated soy protein and chemical additives. Instead, choose a handful of nuts and fruit.

Beyond just greens, strive to include more veggies into your diet. Vegetables are a rich source of vitamins and minerals that are essential to heart and immune health as well as healthy skin, bones, and eye health. Vegetables are also rich in fiber, a nutrient that supports a healthy digestive tract and keeps us feeling full and satisfied throughout the day,

Eating living foods just means eating foods that are close to where they came from. For example, Ragu for your pasta or fresh locally grown tomatoes. Locally grown foods are much more nutritious than those that have traveled to get to the store.

Get active. When you're up and about, you tend to make healthier eating choices. This, in turn, can make it so you want to exercise more. Look for excuses to move throughout the day, such as standing to take a phone call or stretching or lifting weights during a TV commercial. Schedule time for exercise; try either three 10 minute sessions throughout the day or one, 30 minute or longer session.

Ultimately you want to eat what makes you feel good. Keep a food journal for a few days without changing your eating habits, and then start trying to eat clean and keep a journal doing that for a few days.