

# CLEAN EATING can be simple

*5 tips for clean eating*



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## 5 TIPS FOR CLEAN EATING:

- Fruits & veggies
  - Whole grains
  - Lean protein
  - Reduce processed foods
  - Limit added sugar
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## A simple way to eat clean

It is simple to start eating clean if you follow these tips. The benefits include more energy, better digestion, and a trimmer waist. Who doesn't want that? By focusing on the foods that are good for you, you crowd out the refined and processed foods that are full of additives and preservatives that you can't even pronounce.

Some clean eating plans cut out too many food categories like caffeine, dairy, or gluten, but good health can be yours with simple changes that anyone can make. If you make these changes, and you still have symptoms, then it's time to schedule an appointment with your health practitioner because diet may not be enough. There can be food sensitivities, issues with digestion or the absorption of nutrients, or dysbiosis (an imbalance of good and bad bacteria in the gut). But before we go there, start with this clean eating plan, the first step to good health. Don't forget to get to know the EWG Clean Fifteen and EWG Dirty Dozen. Each year, the Environmental Working Group reports the fruits and vegetables that are the least vs the most sprayed with pesticides. Now you know which produce you should buy organic!

# Fill up on fruit & vegetables

## Clean eating tip 1

You guessed it! Eating clean involves eating lots of fruits and vegetables. The recommended daily intake is 5-10 servings, but the focus is on leafy greens and the broccoli/cabbage family because of their rich mineral content and high antioxidant load (hello sulforaphanes!). Along with the greens, add those from the colours of the rainbow, especially dark and red colours which are high in polyphenols and feed the microbiota.

Fruit should be limited to 2-3 servings a day since they are quickly converted to sugar in the bloodstream.

At every meal, you can't go wrong with half a plate of vegetables, and eating fruit alone.



# Go whole grain

## Clean eating tip 2

Eating your grains in their whole form is the cleanest way to eat. You retain the bran, fiber, and those essential B vitamins and oils. The fiber fills you up and cleans out the colon. As soon as the grain is refined, it makes it easier to convert into sugar in the bloodstream. Think of grains like brown rice, millet, whole wheat, and oats.

# Lean on protein

## Clean eating tip 3

Meat, poultry, fish, and eggs are pure sources of essential amino acids. You can also get some protein from beans, legumes, and dairy. Protein should be one quarter of your plate to keep your blood sugar steady, and provide enough essential amino acids for energy, tissue repair, and liver detoxification. This translates to 30% protein in the Mediterranean diet plan. The most researched diet plan there is!

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# Watch out for processed food

## Clean eating tip 4

A processed food is one that has been altered from its original state but slightly processed foods (ground, chopped, and cooked) can help with digestion. You must reduce highly processed and refined foods with additives, food colouring, and preservatives that cause problems when they are unrecognizable to the body. Check your labels for chemical sounding ingredients, white flour, and white sugar which can cause a huge spike of your blood sugar. Read labels carefully and choose wisely!

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**If you can't pronounce the ingredient, it's probably not too clean!**



# Limit added sugar

## Clean eating tip 5

If you are eating processed foods, you are getting added sugar in the form of sweeteners or carbs. When food companies lower the fat content of your favourite foods, they normally add extra sugar to make it palatable. The problem is that sugar causes your blood sugar to spike, and this signals other hormone pathways to readjust. That means your metabolism could get sluggish (thyroid), you will gain weight at the waist (cortisol), and your energy may increase at first but then come crashing down (insulin resistance). Even though there are lots of sugar substitutes, the best change is to eat less sweet things overall. Now that's how you balance hormones!



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