



## A "CLEAN DIET": HEALTHY EATING TIPS!

***"Eat food. Not too much. Mostly plants."***

Michael Pollan

So many of us want to make healthy eating changes but aren't exactly sure how. We are each different in terms of our tastes, appetite, and what our bodies tolerate (allergies, etc.), but everyone can benefit from eating CLEAN (and it's simple)!

### What is a "clean" diet?

A clean diet consists of whole foods, defined as foods that are not processed or overly refined. Processed foods are easy to spot; they are usually boxed, canned, or heavily packaged. They have a long list of ingredients, some unpronounceable and likely chemically processed, and have high amounts of sugars and/or sodium. They are not healthy for our bodies or the environment.

### How do you eat "clean"?

1. Cut down on alcohol: excessive drinking; one drink per day for women, two for men.
2. Cut down on sugar: skip processed foods and grab fruit for a sugar "fix".
3. Cut down on salt: avoid processed foods and eat out less; cook at home with natural foods.
4. Cut down on saturated fat: animal fats; plant foods like nuts, avocados and olive oil.
5. Cut down on refined grains: white flour and white rice; check the ingredient list and make sure the word "whole" describes the grains in the product.
6. Cut down on processed foods: chips, crackers, prepared foods, food in boxes; whole foods and veggies.
7. Eat more fruits and vegetables: Make veggies the main part of the meal and add protein and starch as sides.
8. Drink more water: to circulate oxygen and flush out toxins.
9. Drink green tea: boosts immunity and fights cavities. Substitute for coffee.
10. Eat more whole grains: Try eating one new-to-you grain, such as quinoa or wild rice, each week.

[www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/10\\_ways\\_to\\_eat\\_clean?page=2](http://www.eatingwell.com/nutrition_health/nutrition_news_information/10_ways_to_eat_clean?page=2) "10 Ways to Eat Clean", Eating Well Magazine (2013).

## Why should you eat “clean”?

Besides being healthier\*, many foods that are “clean” and “whole” are also less likely to pack on the pounds, even if you are eating larger portions, because our bodies use most of the food components to support body/organ functions. Processed foods cause fat to be stored in the body even when they do not have high-fat content.

Making a transition to “clean” eating also supports sustainable agriculture and local foods. Most food items that are purchased at your local farmers’ market are whole, clean foods, so stock up and eat to your health! Here’s a link to NH’s Farmers’ Markets locations and schedules:

<http://agriculture.nh.gov/publications/documents/farmersmarkets.pdf>

## You want to eat healthier but don’t know how. What can you do?

Making lifestyle changes is never easy at first. Shari Cohen is a great resource for advice on how to eat healthier. Please, please feel free to call her with any questions or help you want in finding new healthy food choices – she LOVES to talk about food!

***\*Among other health issues, excessive sodium, as found in fast and processed foods, causes water retention and bloating. Refined sugars (white, corn syrups, etc.), and chemical/artificial sweeteners, will add weight/BMI, not because they are high in calories or fat, but because they store in our fat cells and cause a sluggishness after-effect. The high sodium and sugar content in these foods also make it hard to control how much you eat (the excessive salt and sweetness are addictive). So beware of those “low-fat” or \_\_\_\_\_ calorie labels!***

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