

The 10 Rules of Clean Eating

1 Limit Processed Foods	Processed foods are often full of sodium, sugar, and fat. Take a look at the ingredient list on packaged food—is the list long? Can you pronounce and identify the ingredients? If not, can you make a homemade version?
2 Bump Up Your Veggies	Veggies are high in many vitamins and minerals that are important to the body. They are high in heart-healthy fiber which helps you feel full and low in calories! Veggies are as clean as they come, made in nature and not a laboratory.
3 Cut Down on Saturated Fat	Saturated fats are found in butter, cheese, and meat such as bacon. Focus on healthy fats found in fish, nuts, and olive or canola oils.
4 Reduce Alcohol Intake	Cleaner diet means cleaning up what you drink. Staying within your recommended alcohol intake can cut down your calorie intake. Alcohol in moderate amounts (1 drink/day for women and 2 drinks/day for men) may have heart benefits.
5 Un-Sweeten Your Diet	Most people eat too many added sugars. Cut down on added sugars in your diet by limiting sweets like soda, candy, baked goods, and keep an eye on sugars added to foods like yogurt, tomato sauce, and cereal.
6 Watch the Salt	Cutting back on processed foods will help you reduce salt intake. To help minimize salt while you cook, flavor your food with herbs and spices, citrus and vinegar.
7 Choose Whole Grain	Cut down on “white” and switch to “brown”. Look for the word “whole” wheat, “whole” grain, on ingredients list. Oats, quinoa, and brown rice are all great options.
8 Eat Less Meat	Cutting down on meat can help cut down saturated fat intake. Try to add more vegetarian proteins to your diet such as beans and tofu.
9 Up Your Fruit Intake	AKA “nature’s candy”! Fruit is a whole, unprocessed food that is rich in vitamins, minerals, and fiber. Frozen and canned are great options as they are minimally processed for the off season.
10 Nix Refined Grains	Cutting out white flour and refined grains is an easy way to eat cleaner. Refined grains are processed and often stripped of beneficial nutrients like fiber.