

KEYS TO BETTER HEALTH™

A Guide To Eating Clean

Everyone wants to look good and feel good, but if you're not eating the right foods, that feeling can be hard to come by. Many people are under the impression that if you exercise, you can get away with less than optimal eating habits. However, if you really want to be healthy and transform your body, you should consider eating clean.

Keys To Better Health™ nutrition labeling program makes it easy for you to quickly identify healthy foods to help you start eating clean. When you're shopping, be on the lookout for colorful tags on the shelf edges throughout the store directing you to healthy foods that are "Organic," include "Whole Grains," have "Low Sodium" and other healthy food attributes.

"Eating clean" means choosing fresh, organic foods that are produced in an environmentally friendly manner, without fertilizers, genetic engineering or any other unnatural production methods. When you eat clean your diet consists mostly of vegetables, fruits, whole grains and healthy proteins, while eliminating or greatly reducing the amount of additives and processed foods in your diet.

If eating clean sounds expensive, don't fret, because there are ways to keep costs down. Foods on the "Clean 15" -- a list of the least contaminated fruits and vegetables -- do not need to be organic, so you can save money buying conventional selections. Foods on the "Clean 15" list include asparagus, sweet corn, avocados, cauliflower, sweet potatoes, mangoes, grapefruit, onions, eggplant, cantaloupe, pineapples, cabbage, sweet peas (frozen), papayas and kiwis.

Select organic versions of foods that appear on the "Dirty Dozen" list, which includes 12 types of produce that contain the most pesticide residue and should always be bought organic. Foods on this list include strawberries, grapes, apples, celery, peaches, cucumbers, cherry tomatoes, sweet bell peppers, potatoes, spinach, nectarines (imported), and snap peas (imported). When it comes to eating clean, **Keys To Better Health™** is always here to help you find foods that meet the dietary needs of your entire family.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.