

KEYS TO BETTER HEALTH™

Eat Clean, Feel Great!

We live in a day and age where things catch on quickly. The latest catch phrase that people are talking about is “Clean Eating.” So what does it mean to eat clean? Glad you asked, because **Keys To Better Health™** is here with a beginner’s guide to eating clean.

A clean eater regularly eats whole, unprocessed foods in their natural state and avoids highly processed, refined foods. Clean eaters make smart choices during breakfast, lunch, dinner, and snack time, and follow basic rules for healthy eating, such as: eat more vegetables, eat lean meats, reduce sodium, watch your alcohol intake, limit processed foods and choose whole grains.



Follow these tips to get you off to a jump-start:

- **Load up on whole foods**, which are basically straight from the farm: whole fruits and vegetables, whole grains, beans, lean meats, fish, low fat dairy products, nuts, and seeds.
- **Say goodbye to refined sugar**, a source of empty

calories. Be sure to read labels, because sugar can be found in surprising places. Use other sweeteners like honey, maple syrup or molasses in limited amounts, and avoid artificial sweeteners.

- **Reduce intake of processed foods.** We understand it’s not realistic to completely eliminate processed foods. There’s nothing wrong with whole grain pasta, natural cheeses or peanut butter. When in doubt, read labels. If you see ingredients you can’t pronounce, choose something else.
- **Reduce or limit eating at restaurants**, because it’s harder to “eat clean” when you aren’t in charge of your ingredients.

Eating clean helps the environment, can save you money, and you can improve your overall health by leaps and bounds!

- Clean eating is good for the environment because when foods are whole and unprocessed, there is less work involved in producing them.
- With less dependence on fat, sugar, and salt, it becomes easier to savor the natural flavor of whole foods. Diets high in empty calories and processed foods promote inflammation, chronic disease, and are associated with larger waist circumferences in both men and women. Clean eating helps decrease these risks.
- Whole foods are inexpensive compared to prepared packaged foods. Clean eating also means eating more at home and spending less money eating out.

Keys To Better Health™ is here to help you eat “clean” with colorful tags on the store’s shelf edge highlighting foods that are “Heart Healthy,” “Organic,” “Low Sodium,” “Sugar Free,” and more!

