8 WAYS TO START EATING CLEAN

Clean eating means choosing minimally processed, real foods that provide maximal nutritional benefits. The idea is to consume foods that are as close to their natural state as possible. Here are eight simple ways you can start eating clean today!

1 EAT FRUITS & VEGGIES

Include at least three different vegetables in your salad in addition to greens. Add berries, chopped apples, or orange slices to your favorite dishes. Wash and chop veggies, toss them with olive oil and herbs, and place them in a container in your refrigerator for easy access.

2 LIMIT PROCESSED FOODS

Any food that's processed is usually frozen, canned, dried, baked or pasteurized. Limit foods like cereal, cheese, milk, bread, cookies, and potato chips. Some healthier processed foods are canned fish, frozen fruits and vegetables, and canned beans.

3 READ LABELS

Read labels to ensure that packaged produce, nuts, meats, and other foods don't have any preservatives, added sugars, or unhealthy fats.

4 SUB VEGGIES IN RECIPES

Replace refined grains with veggies in recipes. Cauliflower can be chopped finely to mimic rice, mashed like potatoes, or used in pizza crust. Replace pasta with spaghetti squash or zucchini.

5 AVOID PACKAGED SNACKS

Instead of packaged foods made from refined grains, choose nutrient-dense whole foods like nuts, fruits, and vegetables.

6 DON'T EAT REFINED CARBS

Refined carbs are highly processed foods that have been stripped of all fiber and nutrients. These include white bread, pasta, pastries, white flour, breakfast cereals and more. If you eat grains, choose sprouted grain bread and steel-cut oats.

7 AVOID OILS AND SPREADS

Opt for healthy, minimally processed oils and fats instead, like fatty fish, nuts, and avocado. Use olive oil when cooking instead of vegetable or canola oil.

8 AVOID ADDED SUGAR

Read labels to avoid both table sugar and high-fructose corn syrup. Try to consume foods in their natural, unsweetened state. Learn to appreciate the sweetness of fruit and the subtle flavors of nuts and other whole foods.

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