

WHAT IS A CLEAN DIET?

Your ticket to a lean, healthy body is “eating clean.” This means eating foods like lean protein, good-for-you carbs and fats, fresh fruits, and vegetables in the right amounts. Do that, along with drinking lots of water, and exercising regularly, and you’ll turn your sluggish metabolism into a fat-burning machine.

When you “eat clean,” the benefits are visible and your body will thank you!

The Basic Principles of Eating Clean

Eating clean involves not only choosing the right foods to eat but also avoiding all of the junk foods and processed foods that are so readily available today. The following principles are keys to eating clean:

- **Drink plenty of water.** Water fills you up and keeps you hydrated. Try to drink half your body weight in ounces every day.
 - **Eat whole foods.** Whole foods are foods that haven’t been tampered with, in the lab or the manufacturing plant. The foods you eat on this plan are straight from the farm: whole fruits and vegetables, whole grains, grass-fed and free-range meats, low fat dairy products, and unsalted nuts.
 - **Avoid processed foods.** Processed foods are any food that has a label. A label means that more than one ingredient was used to make that food. You don’t have to eliminate all processed foods (like whole grain pasta or natural cheeses), but if you can’t pronounce an ingredient on a label, don’t put that food in your shopping basket.
 - **Eliminate refined sugar.** Refined sugar provides nothing but calories. Other sweeteners can be used, but satisfy your sweet tooth with fruit instead.
- **Eat five to six small meals a day.** By eating smaller meals throughout the day you’ll increase your metabolism and reduce your urge to binge or snack.
 - **Cook your own meals.** Instead of dining out or buying meals in a box, cook meals from scratch. Clean, whole foods meals are satisfying, delicious and a healthier option.
 - **Combine protein with carbs.** When you do snack or eat a meal, make sure that meal is balanced. This will fuel your body and quash hunger pangs.

KEY TAKEAWAYS

- Drink plenty of water.
- Eat five to six small meals a day.
- Combine protein with complex carbs.
- Have two or three servings of healthy fats every day.
- Get fiber, vitamins, and nutrients from fresh fruits and vegetables.
- Avoid processed foods.
- Avoid artificial sweeteners, sugary beverages, and alcohol.
- Avoid foods with chemical additives.
- Avoid saturated fats and trans fats.
- Avoid salt.