



10 Simple Tips to Start Eating Clean Today

1. **Eat whole foods** like vegetables, fruits and whole grains, plus healthy proteins and fats.
2. **Avoid processed foods and fast-foods** which are full of hydrogenated oils, high fructose corn syrup, preservatives, artificial colors and flavors, harmful chemicals and more.
3. **Shop the perimeter of the grocery store** which is where you find whole foods such as vegetables, fruits, meat/seafood, eggs and dairy products.
4. **Buy organic, local foods** to get the freshest, most nutrient-dense ingredients, and have a positive impact on your environment and local economy.
5. **Avoid red meat** which can contain pink slime, meat glue, antibiotics, growth hormones and other contaminants.
6. **Design your meals around vegetables** (a plant-based diet).
7. **Read your food labels.** If there are items listed that you don't recognize or if there are more than 5 ingredients, you shouldn't eat it.
8. **Avoid processed oils** such as vegetable oil (the name is deceiving!). Stick with cold-pressed and organic oils such as olive, coconut, canola, sesame, avocado and grapeseed.
9. **Practice meal planning** so you can design your meals around clean eating, while saving time and money.
10. **Prepare healthy snacks** early in the week so that you can snack on clean foods throughout the week.