



8 TIPS FOR CLEAN EATING

What is clean eating anyway? Clean eating is a good way to freshen up your eating habits: it's about eating more of the best and healthiest options in each of the food groups—and eating less of the not-so-healthy ones. It's about being more mindful of a food's pathway between its origin and your plate, eating more foods found in or closest to their natural form. It's also about steering clear of foods that are highly refined and processed. Here are **8 simple tips** to help you clean up your eating act.

8 Simple Clean Eating Tips	How-To:
#1 Limit highly processed foods, making healthier homemade versions	Read the ingredient list. If it's long and contains a lot of ingredients you've never heard of then it may be beneficial to stay away from it. Make healthier homemade versions of favorites like granola bars, pasta sauces, and mac & cheese.
#2 Pump up your veggie intake	Veggies are chock full of antioxidants, vitamins, minerals, plus gut and heart healthy fiber! Try a new fresh veggie. Frozen or canned are great too (just watch out for added sodium, fat or sugar).
#3 Time for an oil change	Focus on getting the better-for-you type of fats by swapping out fats (like butter, coconut oil, or lard) that are solid at room temp and opting for ones that are liquid at room temp (such as olive or canola oil).
#4 De-sweeten your diet	Scan ingredient lists for the word 'sugar', 'syrup', or sweeteners that end in '-ose', opting for foods that contain little or no <i>added</i> sugars.
#5 Halt the salt	Cutting back on highly processed foods can greatly reduce your sodium intake. Experiment with spices, herbs, vinegars, and citrus to boost flavor
#6 Give nature's 'fast food' a try	What's easier and faster than 'wash', 'peel', 'eat'? Fruits can satisfy any sweet tooth naturally while boasting amazing health benefits!
#7 Make the whole grain swap	Brown rice, quinoa, and millet are all great whole grains. For other grain products, check the ingredient list making sure 'whole' is the first word listed- ex: 'whole' wheat flour listed on your bread
#8 Reduce your meat portion size	Eating less meat could help reduce the total saturated (bad) fat in your diet- keep a serving to the size of a deck of playing cards. Try vegetarian protein options occasionally: tempeh, tofu, beans, and nuts

Check out cooking and healthy eating classes at ymcawichita.org/nutrition

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