

Clean Eating

*It's more than just a diet
– it's a lifestyle.*

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Objectives

- Describe the features of the Clean Eating diet and lifestyle.
- Understand how a Clean Eating diet and lifestyle correlates to the 2010 Dietary Guidelines for Americans.
- Learn ways to guide and assist clients who may be interested in the Clean Eating diet and lifestyle.

What is Clean Eating?

*A sound approach to eating and living well
that maximizes energy and
optimizes health.*

Emphasizes:

- Whole, natural foods
- Regular physical activity

A clean diet includes lots of fruits and vegetables, nuts and seeds, and humanely treated lean proteins. **It does NOT rule out entire food groups.**



Popularity of Clean Eating



A History of Clean Eating



Clean Eating Basics

Main Principles:

- Whole fruits and vegetables in their natural state
- Lean meat, fish, and poultry (humanely treated, preferably organic)
- Beans and legumes
- Low-fat dairy products (preferably organic)
- Whole grains from a variety of sources

Clean Eating Basics

Eliminate the CRAP:

- C** – Convenience
- R** – Refined
- A** – Artificial
- P** – Processed



Off-Limit Ingredients:

- High-fructose corn syrup (HFCS)
- Artificial sweeteners
- Margarine
- Artificial colors and flavors
- Unnecessary food additives (excess salt and sugar)
- Chemical preservatives (BHA, BHT, sodium/potassium benzoate)

Clean Eating Basics

Eat 5 to 6 times a day:

- Breakfast
- Lunch
- Dinner
- Two or three substantial snacks



Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal.



Clean Eating Basics

**Regular physical activity
(5 or 6 times a week)**

- Tone and strengthen muscles
- Build strong bones
- Improve sleep and mood
- Promote a healthy immune system
- Increase longevity



Build a Better Body

The Clean Eating lifestyle can:

- Improve heart health
- Reduce the risk of certain cancers
- Help achieve a healthy blood pressure
- Promote better blood sugar levels
- Battle the bulge

Clean and Green



2010 Dietary Guidelines for Americans

Emphasizes three major goals:

- Balance calories with physical activity to manage weight.
- Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood.
- Consume fewer foods with sodium, saturated fats, trans fats, cholesterol, added sugars, and refined grains.

A Clean Eating diet and lifestyle can assist in meeting the criteria of the 2010 Dietary Guidelines for Americans.

What RDs Need to Know



- Menu planning
- “Retraining” taste buds
- Shopping tips
- Reading food labels
- Exercise plan



Conclusion

Clean Eating in a nutshell:

- Avoid all processed foods.
- Choose unrefined foods whenever possible.
- Watch out for fat, calories, sodium, and sugar.
- Eat six small meals per day.
- Exercise daily or at least 5 times per week.



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