

## 10 Simple Rules to Eating Clean

1. **Eat Real.** Real food is clean food. If you can imagine it growing out of the ground, on a tree, or raised on a farm it's real.
2. **Choose Just One.** If a food has only one ingredient- think asparagus, plums, dry quinoa or bulk beans - it's clean.
3. **Eat Naked.** Clean food does not come in boxes or packages. Purchase unpackaged fruits, vegetables, grains, beans and nuts from the bulk bins.
4. **Go Organic.** When you choose organic you get the cleanest foods grown without pesticides and chemical fertilizers, and food raised without antibiotics, hormones, steroids and chemical-laden feed.
5. **Eat What You Can Pronounce.** If you can read the ingredients in a food without thinking, "*Huh, what's that?*", it's probably clean.
6. **Prioritize Plants.** Organic vegetables and fruit are rich in vitamins, minerals antioxidants and fiber. Only problem- we don't eat enough of them!
7. **Give Up the White Stuff.** If you really want to eat clean give up sugar in its various forms and disguises. All forms of refined sugar and high fructose corn syrup. If you need something sweet try honey or maple syrup. Also, eliminate refined white flour. That goes for industrial produced baked goods.
8. **Cook at Home.** Most meals from restaurants, take out places, and supermarkets are high in sugar and fats, and made with processed ingredients. So much so, you can never really be sure of what you are putting in your body. When you cook your own food and practice clean eating, you choose exactly what goes into your food and what doesn't.
9. **Focus on What Matters.** Vegetarian, vegan, raw, flexitarian, gluten-free, dairy-free, no soy. Choose the foods that make you feel your best, and don't get bogged down in the details or fads.
10. **Enjoy the Process and Every Bite.** Clean Eating is about feeling good. Put on some music. Pour your favorite beverage, and enjoy being in the kitchen. Don't think of cooking as drudgery- make it your "happy zone", and most importantly, enjoy every bite!