

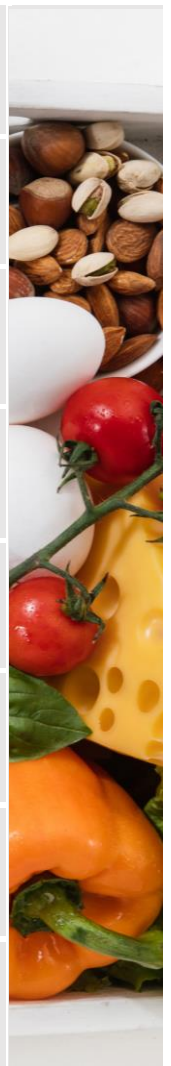
# HEALTHY EATING BASICS



## Eating Clean Commandments

“Clean eating” is a bit of a buzzword these days, but what does it actually mean? Eating clean is all about eating the freshest foods you can find. It involves eating more fresh fruit and vegetables, whole grains, lean protein, and less processed food. Changing the way you eat can be overwhelming at first, but it will make you feel better than ever. Whether you’re just starting your health journey or you’re looking to improve an already healthy diet, these 8 commandments will help you reach your goal!

- 1 Eat whole foods, avoid processed.** Processed foods are highly addictive and high levels of refined sugar and artificial ingredients can cause inflammation – a leading cause of chronic illness. Shop for natural (ideally local) fruits, vegetables, lean proteins, and whole grains.
- 2 Eat 5 to 6 small meals a day.** Smaller meals throughout the day prevent you from getting over-hungry and reaching for an unhealthy snack out of starvation. Space meals 2.5 to 3 hours apart to keep hunger at bay.
- 3 Eat veggies with every meal.** Vegetables are about as clean as food comes and are packed with vitamins and minerals. Make vegetables the biggest portion of your meal and add them to snacks: celery with nut butter, green smoothie, carrots and hummus.
- 4 Drink more water (and less alcohol).** Start your day with a large glass of water and sip throughout the day. It flushes out waste and bacteria and helps your body function at its best. You don’t need to axe alcohol entirely, but drink in moderation as it dehydrates the body and adds empty calories.
- 5 Cook your own meals.** Making your meals means you know exactly what’s going into your food and allows you to cut out added sugar, sodium, and artificial ingredients. Being prepared with pre-packed lunch and snacks will help you avoid eating processed foods when hunger strikes.
- 6 Cut added sugars and salt.** Health Canada recommends no more than 10% total daily calories from added sugars and 2300mg of sodium per day. If you eat mostly whole foods, this rule is easier to follow! Avoid artificial sweeteners and season meals with herbs and spices instead of salt.
- 7 Count nutrients, not just calories.** A healthy diet makes nourishing your body the first priority. Fruits and vegetables are great, but you need to include complex carbohydrates and healthy fats too. It’s important to focus on quality rather than quantity when it comes to calories.
- 8 Don’t deprive yourself.** A healthy diet is about balance. It’s important to have self-restraint, but you’re more likely to binge on junk food if you make them taboo. Instead, allow yourself the occasional treat. Know it’s ok to enjoy it and then get back on the clean eating track!



**Sources** [diabetes.ca/advocacy---policies/our-policy-positions/sugar---diabetes](https://diabetes.ca/advocacy---policies/our-policy-positions/sugar---diabetes)  
[www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/sodium.html](https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/sodium.html)  
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