



TOP 12 CLEAN EATING TIPS

By following just a few simple rules to live by you will be well on your way to living a healthier, happier life! Plus, our goal with the Top 12 Tips for a Healthy Diet is to provide a framework for clean eating, while allowing you to still choose many of your favorite foods. Eating should be fun and enjoyable - Let's just make sure it's making you healthy and strong at the same time!

1. MEAT/EGGS

- Look for pastured or grass-fed organic

2. FISH/SEAFOOD

- Look for wild-caught

3. NUTS/SEEDS

- Look for organic, raw and sprouted when possible
- Soak nuts ideally overnight or at least 2 hours before eating

4. FRUIT/VEGETABLES

- Look for organic or wild/local (use Dirty Dozen / Clean 15 list)
- Aim for 60-80% of your diet to be plant foods

5. OILS

- Look for organic, first pressed, cold-pressed extra virgin in a dark bottle.
- Avoid frying your foods in oil, add oil after as a dressing

6. SALAD DRESSING

- Use lemon/citrus, olive oil, dried or fresh herbs and sea salt

7. WATER

- Drink approximately half your body weight (lbs.) in water (oz.) per day
- The majority of liquid should be 30-min before meals and 1-2 hrs after
- Avoid cold, or icy drinks - room temperature or warm is best

8. FASTING

- Aim for at least a 12-hour overnight fast

9. MEAL TIMING

- For most people, keeping meals a minimum of 3-4 hours apart is ideal
- A light afternoon snack (like a piece of fruit or a handful of pumpkin seeds) is an option to keep blood sugar balanced if hungry, but ideally 3-4 hours after lunch and 3-4 hours before dinner.
- Try to have your last meal of the day 2-3 hours before bedtime

10. BREAKFAST

- Start your day with a light, easy-to-digest breakfast
- Liquid before lunch. A smoothie with an all-in-one Daily Nutritional Support powder is a great way to get all your nutrients in!

11. EAT UNTIL SATISFIED, NOT STUFFED:

- Follow the Ayurvedic "rule of 4th's" - considering your stomach capacity, eat 2/4ths filled of food, 1/4 liquid (like soup, stew or warm herbal tea,) 1/4 air (don't pack your stomach too full of food!)

12. EAT MOSTLY NATURAL WHOLE FOODS:

- Does your plate contain foods you'd see growing in nature?
- Does it come from a bag/box? Is it white or brown? Is it fresh or have a long shelf life?

