



Clean-Eating Principles

Instead of dieting following these clean-eating principles to help you maintain your weight as well as keeping energized and healthy! It is a lifestyle choice rather than a fad or a quick fix. What is clean eating? Clean eating is a colorful assortment of fruits and vegetables, whole grains, and lean proteins. The backbone of clean eating depends on eating according to the Canada Food Guide AND eating at REGULAR intervals over the course of the day. This will allow for your body's metabolism to burn all day long and avoid any food crashes because you are fueling your body all day. Follow these rules:

- 1) Eat 5 or 6 small meals every day.
- 2) Eat every 2 to 3 hours.
- 3) Drink at least 2 litres (8 cups) of water daily ESPECIALLY if you are physically active—Hydration is super important.
- 4) NEVER miss a meal—Especially BREAKFAST!!
- 5) Bring yourself healthy snacks if you are going to be somewhere where food is not readily available.
- 6) Avoid all over-processed, refined foods especially white flour and sugar.
- 7) Avoid saturated and trans fats. Eg) Butter, hard margarine, lard, shortening
- 8) Avoid sugar-loaded colas and juices—water and milk are best to drink.
- 9) Consume an adequate amount of healthy fats (EFA's) each day. (2-3 tbsp) Eg) salad dressing, mayo
- 10) Avoid alcohol—another form of sugar and empty calories.
- 11) Avoid all calorie-dense foods that contain little or no nutritional value
- 12) Depend on fresh fruits and vegetables for fiber, vitamins and enzymes. (6-8 servings)
- 13) Stick to proper portion sizes—avoid supersizing everything! (1-3 servings)-- make sure to have lean protein

Remember to:

Eat like a KING at breakfast

Eat like a PRINCE at lunch

Eat like a PEASANT at supper



Why? Because you are going to need the most fuel at the beginning of the day, not the end of the day!