

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

CLEAN EATING

WHAT IS CLEAN EATING?

What *does* it mean to eat clean? To eat clean is to choose foods that your body, recognizes as a pure source of fuel. Clean foods have had minimum human interference before reaching your mouth.

By contrast, consider 'processed food.' How much do you think the food has been altered from its original, natural state?

In addition, the less clean a food, the more potentially harmful chemicals and hormones are hitching a ride into your stomach!

Let's learn how to clean up our eating together!



CLEANING IT UP!

Processed foods often contain additives to alter the taste & preserve the ingredients for a longer time. Below are a few common food additives to be avoided when possible.

Potassium Bromate: A compound that conditions flour and helps bread puff up during baking. In California, products containing potassium bromate are required to carry a cancer causing warning.

Hydrogenated Vegetable Oil (Trans Fat): A semi-solid fat created when food processors force hydrogen into unsaturated fatty acids. A Harvard study estimated that trans fat causes 70,000 heart attacks every year.

Ammonium Sulfate: An inorganic salt that occurs naturally near active volcanoes and is used commercially in flame retardants.

Aspartame: A zero-calorie artificial sweetener made by combing two amino acids with methanol. Most commonly used in diet soda, aspartame is 180 times sweeter than sugar.

Sodium Nitrites: They occur naturally but are synthetically produced for use in fertilizer and as food additives. Nitrites have a tendency to fuse with amino acids to become carcinogenic nitrosamines.

FINDING CLEAN FOOD

- ✓ **SHOP THE PERIMETER** - If you stick to the walls instead of the aisles of a store, you are far more likely to find clean foods. Most grocery stores follow this layout.
- ✓ **AVOID LABELS** - In general, foods that have labels tend to be more processed than fresh foods from their natural source.
- ✓ **READ EXPIRATION DATES** - Foods in their natural state tend to expire fairly quickly. If the food does not expire for several months or even years, there may be added ingredients, like preservatives and food coloring.
- ✓ **ADD A VARIETY OF COLORS** - White foods generally indicate that the food is refined, processed, or enriched. Fresh fruits and vegetables come in a variety of colors and offer many different kinds of powerful antioxidants.

Which of the above tips seem most reasonable for you to implement?

Coach's Quick Take

When it comes to clean eating, less is more.

Clean eating involves consuming foods as close to their natural state as possible. If you choose foods with labels, take a look at how many ingredients are listed. Typically, the more ingredients added, the less clean it is.

CONVENTIONAL VS ORGANIC

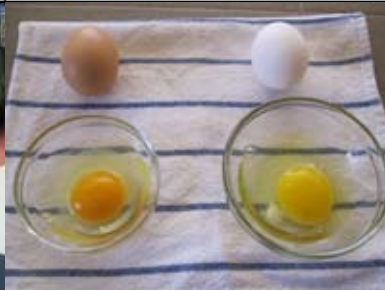
Organic foods are grown without conventional pesticides, chemical fertilizers, antibiotics or growth hormones. Conventional growers use chemicals to protect their crops from molds, insects, and diseases. When farmers spray produce, this can leave invisible residue on produce. Many of these added substances can cause food allergies, hormonal disruption, weight gain, and other adverse issues. Choosing organic foods can limit exposure to foreign additives.



Conventional Growers	Organic Growers
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray synthetic insecticides and chemicals to reduce pests and disease.	Spray naturally sourced pesticides; use beneficial insects and birds, mating disruption, or traps to reduce pests and disease.
Use synthetic herbicides to manage weeds.	Use environmentally-generated plant-killing compounds to manage weeds. They also rotate crops, till, or hand weed to manage unwanted growth.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth, as shown in the comparison of the two fish.	Give animals organic feed and allow access to the outdoors. Use preventative measures, such as rotational grazing, a balanced diet, and clean housing, to help minimize disease. For instance, healthy chicken eggs have a deep yellow/orange color. Whereas commercial egg yolks tend to be a pale yellow color.



Source: cnn.com



Source: http://spoonfulnewark.files.wordpress.com/2010/06/farm_fresh_eggs_2.jpg

UNDERSTANDING COMMON TERMS

- 100% Organic:** Food must be all organic or contain only organically produced ingredients
- Organic:** Food must be at least 95% organic
- Made with Organic Ingredients:** Food must contain 70% organic ingredients
- Natural:** Food with with no legal U.S. definition. Foods may or may not still contain additives, artificial coloring, and preservatives



FOOD SAFETY TIPS

Whether you choose to go organic or opt to mix conventional and organic foods, be sure to keep these tips in mind:

- Select various foods from a variety of sources.
- Buy seasonal and local produce when possible.
- Inspect food labels carefully.
- Wash and scrub produce thoroughly under running water.

