

Fundamentals of Clean Eating



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 **saakori**
a sustainable lifestyle

About me:

I'm a Registered Holistic Nutritionist with a mission to help you Eat Right. Feel Better and Look Good, by offering easy, practical and sustainable dietary suggestions.

I work with stressed, busy professionals and on-the-go professionals to bust cravings, increase energy, manage weight and fix digestive issues so as to transform their health from the inside out.

I help you eat nutritiously without spending hours in the kitchen or breaking the bank on expensive health foods.



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CLEAN EATING 101

Clean Eating Defined: *Consuming food in its most natural state – or as close to it as possible to it. It is NOT a diet; it's a lifestyle approach to food and its preparation leading to health, well-being a lean physique.* (Clean Eating Magazine)

Clean Eating Foundation Foods

Fruits and Vegetables: Keep cravings to a minimum by consuming a fruit or vegetable EVERY time you eat either a meal or snack. Fruits and vegetables are known as complex carbohydrates.

Whole Grains: Also complex carbohydrates and contain all 3 parts of the grain. Whole grains take longer to digest and keep insulin levels stable, keeping your body fat down.

Lean Protein: Including a lean protein with all of your meals helps to boost your metabolism. The best choices include eggs and egg whites, lean cuts of skinless chicken and turkey breasts, lean beef, tuna and salmon (fresh not farmed).

Healthy Fats: Unsaturated fats like olive oil, nuts and seeds, avocado and coconut oil help to stabilize blood sugar, keep you fuller for a longer period of time and help to reduce certain types of heart disease.

Water: Fresh water helps to flush out all the toxins and keeps your elimination system running smoothly. Drink plenty of fresh water daily to reduce hunger and improve energy.

Foods to Avoid

- Overly processed foods, refined foods
- Refined flour and sugar
- Saturated and trans fats
- Anything fried
- Sugar filled sodas, juice and calorie filled beverages
- Alcohol

Tips to Clean Eating

- Choose products with 100% whole grains, as they are packed with nutrients and rich in fiber.
- Replace the white flour called for in your baking recipes with whole grain flours.
- Eat lots of fresh vegetables and fruits. Try to include them in almost every meal and snack.
- Include beans in your meals and snacks more often. They are a great source of plant protein, fiber, phytochemicals, and other nutrients.
- All the above foods are also rich in fiber, which is important for supporting proper colon health, preventing constipation and chronic diseases, and helps mobilize cholesterol out of the body.
- Eat fewer convenience and processed foods. They're often loaded with added fat, sugar, salt, and additives.
- Eliminating excess sugar and salt from your diet is also important.
- Sugar is addictive. Here's how
 - It releases opioid like chemicals which cause euphoria and pleasure.
 - Food hits pleasure centre of the brain
 - Dopamine is released in anticipation of eating sugary treats, which acts like a chemical reward to the brain and hence becomes addictive.

READING FOOD LABELS

Knowing how to read and interpret food labels becomes crucial if one wants to watch what they eat. It helps you decide if the food is nutritious, best used occasionally or if it should be avoided altogether.

What food products have Nutrition Facts?

Almost all prepackaged foods have Nutrition Facts.

Some exceptions are:

- fresh fruit and vegetables;
- raw meat, poultry, fish and seafood;
- foods prepared or processed at the store: *bakery items, sausage, salads;*
- foods that contain very few nutrients: *coffee beans, tea leaves, spices;*
- alcoholic beverages.

Reading labels

- **Nutrition Facts**

Nutrition Facts		Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	440		
Fat / Lipides	19 g	29 %	

- **Ingredient List**

INGREDIENTS: Whole wheat, wheat bran, sugar/glucose-fructose, salt, malt (corn flour, malted barley), vitamins (thiamine hydrochloride, pyridoxine hydrochloride, folic acid, d-calcium pantothenate), minerals (iron, zinc oxide).

- Ideally the lesser the number of ingredients the better.
- Check the first 5 ingredients as these are listed in the decreasing order of presence in the food. If sugar, salt or fat are present in there- perhaps it's best avoidable or consumed in limited quantities.

- **Nutrition Claims**

"Good source of fibre"

- **Health Claims**

"A healthy diet..."

It's important to note that the %'s or amounts given on each label is in respect to the **PORTION SIZE**.

See the picture below. The calories, amount of fat, carbs etc given are for 1 serving size of $\frac{3}{4}$ cup. So if you end up consuming 1.5 cups, all the given numbers would double up!

Nutrition Facts			
Per $\frac{3}{4}$ cup (175 g)			
Amount	% Daily Value		
Calories 160			
Fat 2.5 g	4 %		
Saturated 1.5 g	8 %		
+ Trans 0 g			
Cholesterol 10 mg			
Sodium 75 mg	3 %		
Carbohydrate 25 g	8 %		
Fibre 0 g	0 %		
Sugars 24 g			
Protein 8 g			
Vitamin A	2 %	Vitamin C	0 %
Calcium	20 %	Iron	0 %

Other important things to note and understand are:

1. Serving size
2. Number of Servings per container
3. Total Calories
4. Calories from carbohydrates
5. Calories from fat
6. Presence of hydrogenated fats
7. Cholesterol
8. Sodium
9. Fiber
10. Sugars
11. Protein
12. Other nutrients: like Vitamin A and C, Calcium , Iron etc.

Action Items:

- *Read labels next time you are out grocery shopping!*
- *Note how you are able to change your buying pattern based on what you've learn about reading labels.*