3 steps to
cleaner eating

Eating well is one of the most important things you can do for your body. A well balanced diet contributes to overall health and protection from disease.

Making micro or small changes to your diet eventually add up to better health. If you're ready to clean up your food choices, here are three easy habits that can help.

1 FOCUS ON PLANTS

Instead of worrying about all the foods you shouldn't be eating, focus on what you can include. Plant foods provide the best nutrition and should make up a majority of your diet.

A good first step to cleaning up your diet is to add more plant foods to each meal and snack. These include:

- Fruits
- Vegetables
- Beans
- Nuts and seeds
- Whole grains
- Healthy oils like olive, sunflower, and avocado oil

2 HAVE A SALAD OR SMOOTHIE

Choose a healthy salad or smoothie to make up the bulk of one meal each day. This is a simple way to increase your plant food intake while controlling calories and portion size.

Make your daily smoothie or salad fiber-packed to promote fullness and digestive health. In addition to adding plenty of fruits and vegetables, consider including nuts, chia, hemp, or flax seeds for an extra boost of nutrients and fiber.

3 SNACK ON WHOLE FOODS

Feeling deprived and hungry will quickly result in giving up on your healthy new eating habits. Clean eating is delicious and should make you feel good!

So, keep tasty whole food snacks on hand to keep you satisfied all day long. Here are some ideas:
- Sliced apple with peanut butter
- Hardboiled egg and a piece of fruit
- Sliced vegetables and a piece of cheese
- Hummus with cucumbers
- Mixed nuts and a piece of fruit