

5 Rules To Follow
If You Want To

**EAT
CLEAN
and get
LEAN**

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Rule #1: Get back to basics

The main principal of eating clean is to eat more foods in their natural form: unsalted nuts, grass- fed and free range meats, fresh fruits and vegetables. It is obvious, but the truth is that much of what we see in supermarkets today is chemically altered such as Maltodextrins, and the high fructose corn syrups, and the stuff that doesn't exist outside of a factory. Just try to swap in two more servings a day of real food and you will be on your way to better health.

Rule #2: Think outside the box

Most food that comes in a box is processed in some way, which means it either adds things you don't need or strips away some of food's essential goodness. Even foods with real ingredients can be less than ideal if they have been processed. So try to choose foods with the least amount of processing and closer to its original form.

Rule #3: Check the Label

The trick to finding clean packaged foods is to spend a little time reading the ingredients list, the less ingredients you see on the package, the healthiest foods are. Also if you can't pronounce an ingredient, you probably shouldn't eat it.

Rule #4: Know the Enemy

Specific ingredients have no place in your pantry at all, because they have been shown to cause health issues such as increasing cholesterol, blood pressure or blood sugar.

Five red flags for your health:

1. **Trans Fats:** Look for "partially hydrogenated vegetable oil" 'hydrogenated vegetable oil, and shortening in cookies, crackers and microwave popcorn. The by -product of hydrogenation -trans fat-raises LDL (bad cholesterol) and lowers HDL (good cholesterol), which increasing the risk for heart attack and stroke.
2. **Food coloring:** Take your reading glasses and look for "blue 1, blue 2, citrus red 2, green 3, or red 3, red 40, yellow 5, and yellow 6 in baked goods, cereals and condiments. Synthetic food dyes have been linked with tumors in animal studies.
3. **Artificial sweeteners:** Watch out for "acesulfame-K", "saccharin" and "aspartame" on any food claiming sugar free, or low sugar. Research shows that these may over stimulate our sugar receptors, making us crave sweet foods and making naturally sweet foods such as fruit, less palatable.
4. **High fructose corn syrup:** Look for high -fructose corn syrup, corn sugar and corn sweetener in everything from bread to salad

dressing. These concentrated simple sugars cause a cascade of blood sugar an insulin spikes and drops that may have the unintended consequence of making us crave even more high sugar, high fat food, no matter how much we have just eaten.

5. **Nitrates and Nitrites:** Scan smoked meat and jerky for the deceptively healthy-sounding ingredients "celery powder", and "celery juice".

They are undercover additives, used to preserve the red color of the meat and are associated with ovarian and kidney cancers.

Rule #5: Shop Smarter

Buy food that is low in sugar and salt and high in fiber and savory flavors. The following foods offer major health benefits and they help to satisfy your sugar cravings.

- **Hummus:** The protein in hummus keeps you full longer and its high iron content increase energy.
- **Tuna and salmon pouch:** cold water fish support neurological function, are anti-inflammatory and for those with cardio issues, have a mild blood-thinning effect.
- **Chia seeds:** add these super seeds to smoothies and salads for a dose of healthy fats, fiber and protein.

- **Oats:** they contain iron and magnesium, plus fiber, which is a pre-biotic-a food that feeds the good bacteria in your gut.
- **Fermented foods:** Miso, sauerkraut and kimchi with live active cultures are full of probiotics which aid digestion.
- **Quinoa and whole- grain pasta:** these can provide the basis for fast, fiber-rich meals on those evenings when you find you don't have much time to cook.
- **Seasonal fruits and vegetables:** Asparagus, green beans, and cruciferous vegetables such as broccoli and cauliflower contain sulfur compounds that help you eliminate toxins that cause oxidative damage the precursor to most disease. Blue and purple berries contain resveratrol which promotes healthy aging by reducing inflammation and blood sugar and supporting the cardiovascular system.
- **Lean meats:** Buy chicken or lean beef rather than fattier alternatives, if possible, choose grass-fed and organic meats.