

Clean eating facts and fiction

Clean eating is a diet phrase utilized that doesn't carry a specific or universal definition. Common approaches that fall within clean eating include:

- Reducing consumption of foods high in saturated fats, added sugars and sodium
- Consuming foods that are fresh, whole and not highly processed
- Avoiding foods that contain artificial ingredients, sweeteners, colors and synthetic chemicals
- Opting for organic foods wherever possible

Eating clean does not necessarily equal a weight-loss type of diet. There is no emphasis put on calories consumed or weighing yourself regularly.

Clean eating may not be the best approach for everyone because restrictive eating rules can drive unhealthy relationships with food. Also, not all foods that have been processed or contain additives are unhealthy or should be restricted. Healthy foods that have been processed or have additives include whole grain bread, milk, and orange juice.

Rather than focusing on “clean eating,” create an eating plan that fits your unique lifestyle, values and goals – humans are complex and there is not a one size fits all.

- Adopt healthy eating behaviors that are easy to follow in your life.
- Practice mindful eating and “experience” foods you eat.
- Prioritize eating healthy foods, but don't put an excessive number of restrictions on what you are consuming.

