

WHY CHOOSE CLEAN EATING?

What is clean eating? Clean eating is a method based on eating whole, natural foods and eating them in proper proportion. The idea is to push people away from the trendy diet gimmicks and grocery store foods high in preservatives and teach them to eat healthy, wholesome foods like lean protein, complex carbohydrates, fresh fruits and vegetables and healthy fats. Do your best to avoid processed and refined foods, saturated and trans fats, sugar-packed drinks, alcohol and foods that have a high number of calories with low nutritional content. And drinking water is a big key.

Not only are you likely to lose weight, but you will feel much more energy when you rid your body of the toxins built up by processed foods. You may experience a brighter, healthier complexion, sleep better and be more alert. Your body will get on a more regular schedule, allowing you to be more productive.

So, eat food, not too much, mostly plants. Aim for foods from local farmers. Methods used to preserve foods for shipping long distances can eliminate nutritional content. Another good rule of thumb is "If it will spoil, it is likely a good choice". When you must go to supermarkets, shop on the perimeters of the store. And if it has more than five ingredients, or ingredients you cannot pronounce, stay away from it.

BENEFITS:

1. Live Longer

A myriad of health problems—from cancer to heart disease and obesity—are linked to the consumption of processed foods and foods exposed to pesticides. To reduce your vulnerability to health problems, eat as cleanly as possible. Those who eat clean have:

Lower incidence of cancer (1/3 of cancer incidences can be linked to poor diet)

Lower incidence of diabetes (over ½ of diabetes incidences can be linked to poor diet)

Lower incidence of heart disease (doctors recommend dietary changes to heart patients because they know diet and heart disease are scientifically linked)

2. Protect Your Children

In particular, you'll want to protect your children, who are more vulnerable to the effects of pesticides, preservatives, and other chemicals often found in unclean food. Children are innocent, and you are shaping their eating habits for life. If you bring them up living on chicken nuggets and french fries, they'll have much harder time training themselves to eat healthfully in the future. Help them develop a taste for healthy, whole foods, and protect their vulnerable bodies from the influences of chemicals and processed foods.

3. More Energy

When you eat clean foods, you have access to more nutrition, better digestion, and lasting energy. You'll experience fewer blood sugar spikes (which are often associated with processed foods, especially those high in sugar or simple carbohydrates), which means you'll feel fewer spikes and crashes in energy throughout the day.

4. Better Skin

Clean foods support healthier skin, hair and nails. Want to look great? Munch on a carrot stick instead of Snicker's bar and drink a glass of water with lime instead of a soda full of chemicals and sugar, which can aggravate skin.

5. Lose Weight

Clean foods fill you up, meet your nutritional needs, and help reduce sugar and fat cravings. You won't want to eat junk once you've gotten used to living without it, and you'll find it easier to say no to temptation.



Resources: [TheCleanEatingMama](#), [reshapethenation](#), [Livestrong](#), [Healthvoyager](#)