



# EAP Wellness Letter

October 2015



## CLEAN Eating

The topic of “Clean Eating” is everywhere. It’s on many magazine covers and has been featured on almost every cooking show. While some see it as a passing diet trend, others have converted completely to this “clean” lifestyle. What is clean eating all about and is it worth trying?

If you think about it, clean eating is how our grandparents ate before processing, refined sugars, and chemicals were introduced into the food industry. Food didn’t sit on shelves with an expiration date, there were simply three ways to preserve food safely and extend the life of their locally raised foods: canning, curing, or freezing. No processing involved.

Along with unprocessed foods, the clean eating movement eliminates refined foods from their daily diet. Unrefined foods are foods in their most natural form, unprocessed and unaltered. According to the Dietary Guidelines for Americans 2010, the refining process removes many of the most important parts of grain, including vitamins, minerals and dietary fiber. This has been recognized as one of the contributing factors to the current obesity epidemic.

Refined, unrefined, processed, unprocessed—making the clean eating lifestyle change can be confusing and overwhelming!

***Check out the Friday Facts for more information.***

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# Friday Facts

October 2, 2015



## Clean Eating 101

Authors Jonathon Wright and Linda Johnson Larsen of Clean Eating share that “eating clean is simply the practice of avoiding processed and refined foods and basing your diet on whole foods.” But there’s much more to this plan. You can structure your diet to get proper nutrition, help manage diseases, avoid developing diseases in the first place, lose weight, remove toxins, and just feel better.

There are many practitioners and publications that are sharing slightly different interpretations of the guidelines for clean eating and most include the following core concepts:

- Choose whole foods and avoiding processed foods. Eliminate boxed, canned, or packaged foods.
- Eliminate refined foods. Select whole grains, dried beans, and natural sweeteners.
- Combine protein with carbs at every meal and snack. This combination satisfies your hunger while keeping you fuller longer.
- Eat five to six small meals a day. This will increase metabolism and stabilize sugar levels helping to avoid the mid-day slump.
- Cook your own meals, from scratch.

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# Friday Facts

October 9, 2015



## Time To Clean Up

You've decided to clean up your diet: word of warning, please take it slowly. Prevention Magazine suggests the following baby steps:

- **Toss a few of those heavily processed staples.** Dump the soda, corn oil, white breads, and white pasta.
- **Shop the perimeter.** The perimeter is where you will find the least processed selections; the center of the store has more processed and packaged foods.
- **Check the labels.** If it has a label it's processed, period. Instead of eliminating all processed foods choose those with fewer ingredients.
- **Cook more meals at home.** Not only are you aware of what is going into the pot, there is money saving potential as well.
- **Adjust your taste buds.** For example, instead of completely switching to brown rice, mix it with white (in decreasing amounts) until you and your family adapts to all brown rice.
- **Follow the 80-20 strategy.** You don't need to be obsessive, try to eat clean 80% of the time, with a 20% buffer for traveling or socializing.

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# Friday Facts

October 16, 2015



## Swapping Out

There are many staples in your diet that you can easily swap for a cleaner version and you will barely notice a difference. Here are just a few:

Instead of:	Use This Instead:
Corn oil	Olive, grape seed, coconut oil
Refined sugar and artificial sweeteners	Natural sugar, honey, maple syrup
Yogurt with fruit added	Plain Greek yogurt adding fresh fruit
Fruit juice	Water with fruit added or eat fruit
Packaged flavored oatmeal	Homemade oatmeal and a drizzle of maple syrup
Bagel	Multi-grain English muffin
Flavored dairy creamer	Half & Half or cream
Potato chips	Popcorn with a sprinkle of parmesan cheese (avoid microwave)
Frozen french fries	Baked homemade fries (regular or sweet potatoes)
Packaged lunch meat	Deli meat or slice your own
White rice	Brown rice, quinoa

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# Friday Facts

October 23, 2015



## Does Clean Require Organic?

So we know that clean eating is about enjoying fresh, whole foods—not processed foods, with most clean eaters opting for organic whenever possible. But there are a few fresh choices where it isn't necessary to go organic.

The *Environmental Working Group's Shopper's Guide to Pesticides* identifies fruits and vegetables that have the highest and lowest pesticide residues. They created the “Clean 15” list and the “Dirty Dozen” group. All the produce on “The Clean 15” list showed little to no traces of pesticides, and is safe to consume in non-organic form. This list includes:

- Onions
- Avocados
- Sweet corn
- Pineapples
- Mango
- Sweet peas
- Asparagus
- Kiwi
- Cabbage
- Eggplant
- Cantaloupe
- Watermelon
- Grapefruit
- Sweet potatoes
- Sweet onions

All the produce on the “Dirty Dozen” list show traces of pesticides:

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Nectarines
- Peaches
- Potatoes
- Snap peas
- Spinach
- Strawberries
- Sweet bell peppers

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# Friday Facts

October 30, 2015



## On The Go

There are times when eating in just doesn't work. Here are some strategies from MyFitnessPal.com for choosing healthier dishes and keeping them as clean as possible:

- **Avoid fast food and chain restaurants.** The majority of meals made by these establishments contain processed foods (nuggets, patties) that use additives, preservatives, flavor enhancers and artificial coloring. If possible, choose restaurants whose main selling points are local, fresh ingredients.
- **Use the cooking technique as your tip-off.** This isn't a hard-and-fast rule but it works well when you're trying to choose a healthier meal. Choose dishes that are baked, steamed, sautéed, roasted or boiled. Try to avoid items that are fried, deep-fried or drenched in heavy, cream-based sauces.
- **Check out the menu before you go.** If possible, browse through the restaurant's menu online first. Choose two to three options that look good to you, making it more likely that you'll make the healthier choice.

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