

HOW TO EAT (TO LIVE LONGER THAN YOUR FRENEMIES)

A SIMPLE APPROACH TO CLEAN EATING

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Disclaimer: The info here is well researched but it's for informational purposes only. Always consult your health care provider, eat your veggies and pay your taxes.

It's common knowledge diet has the biggest impact on your health. Per the Milken Institute, diet correlates with **30% of health status**, the next highest is tobacco use at **25%**. While there are many diets focused on losing weight, optimizing athletic performance, or managing disease symptoms, most of us simply need to eat clean using whole, unprocessed foods. Here we break down clean eating and making it work for you.



CLEAN EATING 101

EAT FOODS AS CLOSE TO THEIR ORIGINAL FORM AS POSSIBLE



Choose naturally occurring foods, which have more nutrients.

Avoid packaged & processed foods, which have harmful substances like nitrates, sugars, and cancer causing agents.

Say it ain't so but if you answer 'yes' to any question below, it's probably processed

1

Can it last weeks without spoiling?

2

Would a hungry Caveman doubt it's food?

3

Is it packaged?



CLEAN EATING 101

EAT THE 3 MACRONUTRIENTS YOUR BODY NEEDS (YEP, CARBS TOO!)

CARBOHYDRATES

Body's main & preferred energy source. High quality carbs keep you feeling full longer.



PRIMARY SOURCES:
Fruits & Vegetables; Whole Wheats & Grains.

AMOUNT TO EAT:
50% TO 60%

PROTEIN

Build & repair body tissue like skin, nails and hair.



PRIMARY SOURCES:
Fish; Poultry; Beans; Lean Meat; Nuts; Dairy.

AMOUNT TO EAT:
20-25%

HEALTHY FATS

Long-term energy & heat source. Protects organs and regulates hormone production.



PRIMARY SOURCES:
Un-roasted/unsalted Nuts & Seeds; Avocados.

AMOUNT TO EAT:
20-25%

OFTEN

- Whole Fruits
- Vegetables
- Quinoa
- Steel-cut Oatmeal
- Plantains

- Seafood
- Beans & Lentils
- Chicken, Turkey, Duck
- Nuts
- Quinoa

- Nuts (walnuts, pistachios, pecans...)
- Seeds (sunflower, sesame, pumpkin...)
- Olives
- Avocado

SOMETIMES

- White or Sweet Potatoes
- Whole Wheat bread & pasta
- Brown Rice
- Legumes

- Grass-Fed Beef
- Eggs
- Plain Greek Yogurt
- Cottage Cheese

- Monounsaturated Fats (Virgin Olive Oil, Canola Oil)
- Polyunsaturated Fats (Sunflower and Walnut Oil)

RARELY

- Sugar & Artificial Sweeteners
- Honey
- Soda
- Candy & Candy Bars
- Other Processed Grains (white bread, cookies, crackers, etc)

- Hot dogs
- Sausages
- Deli Meats
- Other Processed Meats
- Flavored Dairy (Milk, Cheese, Yogurt)

- Saturated Fats (butter, lard, ice cream, beef fat & chicken skin)
- Trans Fats (shortening, margarines, hydrogenated oils, fried foods, packaged snack foods)

MAKE THIS WORK FOR YOU – CHOOSE YOUR OWN ADVENTURE WITH THESE 3 EASY STEPS



STEP 1

Honestly Access How Ready You Are to Change

- You have no intention to change because "YOLO"
- You want to change, but "It's sooo hard..."
- Nothing can stop you...except Ben and Jerry's Ice Cream...

STEP 2

Based On Your Change Readiness, Choose Your Own Adventure



- ALL GAIN:**
Usual diet but with veggies. If usual dinner is burger & fries, keep it but eat veggies too.
- WEEKEND WARRIOR:**
Clean meals during the weekend. Week day meals are fair game.
- WEEKDAY WARRIOR:**
Clean meals during the week. Weekend meals are fair game.
- 2 MEAL HERO:**
Clean meals for breakfast & lunch. Dinner is fair game.
- HOME HERO:**
Clean Meals at home. Dinning out meals are fair game.

STEP 3

Arm Yourself With the Shortcuts Below

- Spend 10 mins each morning roughly planning yo
- Make Fruits and Veggies a part of EVERY meal.
- Partner with friends or neighbors to alternate healthy cooking during the week.
- Drink water before, during and after each meal.
- Buy in-season produce, it's cheaper and tastier.
- Figure out and address your barrier to clean eating - time, costs, or motivation?



This simple approach to clean eating frees you up from worrying about calories, fat intake or detailed shopping lists. What you gain is higher energy, feeling & looking incredible, and less health problems as you age so you can outlive your frenemies.

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