

# The 12 Rules of Clean Eating

## 1 EAT REAL FOOD.

Real foods are whole, single ingredient produce that exist naturally like whole fruits and vegetables, or proteins from animals raised on farms or sea life living in the Ocean.

## 2 ONE INGREDIENT.

Real food is an ingredient. It doesn't have a label or a list. It's a simple whole food like broccoli, chicken, milk, tomato. We combine these real food ingredients to create clean, real food recipes.

## 3 READ THE LABEL.

If you are buying premade food, then read the label. Make sure you can identify every ingredient on the list as a Real Food ingredient.

## 4 NO NUMBERS.

Avoid eating food that has numbers or chemicals in the ingredient list. If you can't read it then put it back.

## 5 NATURAL SWEETENERS.

Avoid foods with added sugar and artificial sweeteners. If you need to add sugar, skip the refined sugars and rather add a natural sugar alternative at home, like honey or maple syrup. Be in control of the quantity you eat.

## 6 BE MINDFUL ALWAYS.

Know where your food comes from and take accountability for its journey from its origins to our plate. Choose humanely produced, free range meats, sustainable seafood and organic whenever possible.

## 7 CHOOSE WHOLE GRAINS.

Eat 100% Whole grains or whole wheat products like bread or baked goods made with only a few ingredients.

## 8 DRINK WATER.

Hydrate your body with fresh, clean water daily. Skip the soda and fruit juices which are high in unnecessary sugar.

## 9 PLAN TO SNACK

Snack on clean, whole foods during the day to avoid reaching for an unhealthy snack when you feel peckish.

## 10 LOAD UP ON THE VEGETABLES

Make vegetables a big part of your daily food intake. Start with the 5 a day rule: 2 Fruit and 3 Vegetables daily. Buy Organic foods according to the Dirty Dozen / Clean 15 list.

## 11 EAT GOOD FAT.

Don't avoid good fats like nuts and full fat dairy. Eat them daily in moderation. Your body needs them to process Vitamins and essential nutrients.

## 12 PORTION CONTROL.

Adhere to proper portions at every meal.