

Clean-Eating Principles

By Tosca Reno, author, *The Eat Clean Diet* (Mississauga, Ontario: Robert Kennedy Publishing, 2007)

1. Eat 5 or 6 small meals every day.
2. Eat every 2 or 3 hours.
3. Combine lean protein and complex carbs at every meal.
4. Drink at least 2 litres, or 8 cups, of water each day.
5. Never miss a meal, especially breakfast.
6. Carry a cooler loaded with Eat-Clean foods to get through the day.
7. Avoid all over-processed, refined foods, especially white flour and sugar.
8. Avoid saturated and trans fats.
9. Avoid sugar-loaded colas and juices.
10. Consume adequate healthy fats (Essential Fatty Acids) each day.
11. Avoid alcohol – another form of sugar.
12. Avoid all calorie-dense foods that contain little or no nutritional value.
13. Depend on fresh fruits and vegetables for fibre, vitamins and enzymes.
14. Stick to proper portion sizes – give up the super-sizing!