



## Clean Eating: Hacks To Make You Eat And Live Healthier

---

Clean eating is one of the biggest trends in healthy living today. It's a means of moving to more natural, whole foods like fresh vegetables and fruits, whole grains, while cutting down on unhealthy fats, excess sugar and salt, and cholesterol. The basic principles of clean eating are far from new, but they represent some very basic recommendations in health and nutrition that can lead to a much better, healthier you.

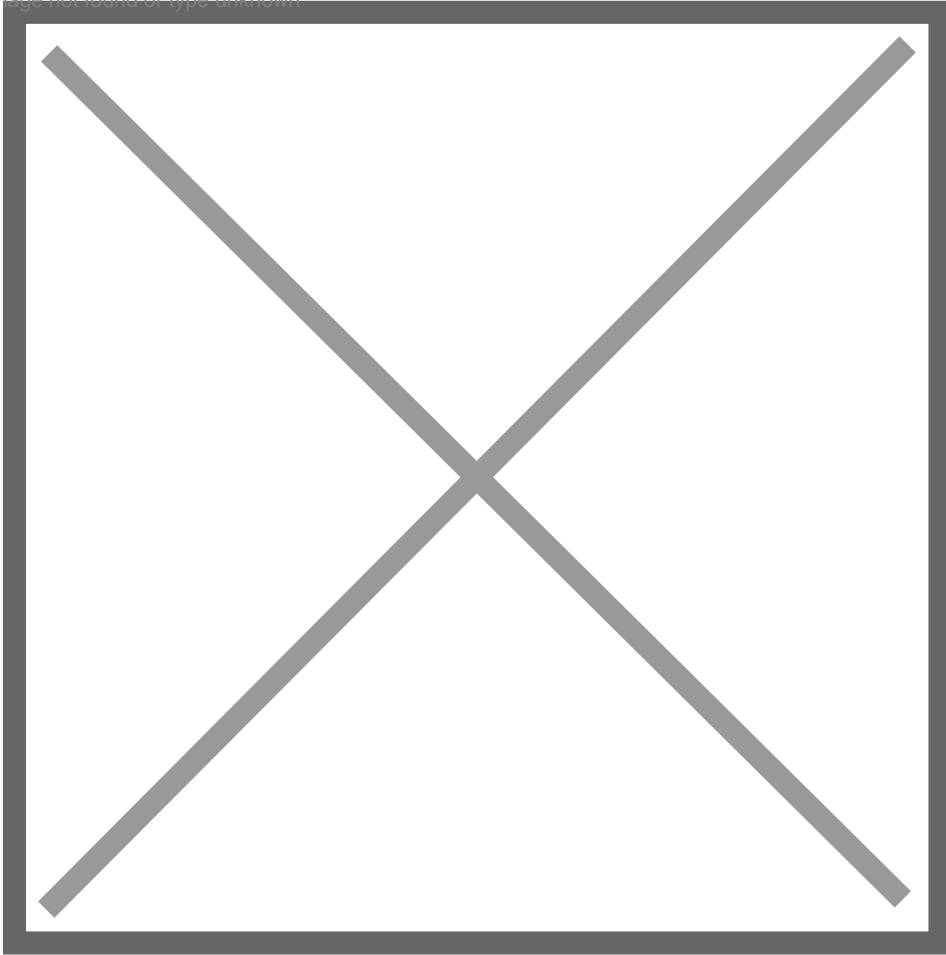
It might sound like a daunting challenge, but here are a few hacks that you can introduce to your everyday cooking to make clean eating easier:



### 1. Pick unrefined over refined.

Move from well-milled white rice to brown rice. Try honey instead of refined sugar in your recipes. Get whole wheat breads and pasta. Stock up on healthier ingredients. Doing these and more will improve the nutritional content of your diet.

Image not found or type unknown



## **2. Eat less meat and up your vegetables and fruits.**

Our diets often consist of far more meat than we should be eating. The average serving of meat should only be 3 ounces in weight, roughly the size of one's palm or a bar of soap. Cutting down on meat will help reduce saturated fats and calorie consumption. In addition, you can get plenty of vitamins, minerals, and fiber by eating more fruits and vegetables. However, this doesn't mean that you should cut meat out entirely! Proteins are still very important to your diet, so just reduce your portions rather than eliminate them. Remember that you should eat a variety of foods every day so you get all the nutrients you need.



### **3. Replace unhealthy fats with good fats.**

Clean eating doesn't mean that you have to get rid of all of your fats. You can replace saturated fats like butter and meat fats with olive oil, fatty fish like salmon and tuna, and nuts. This will reduce your risk of heart disease and can improve your blood cholesterol levels.



### **4. Cut down on alcohol.**

Beer is a huge source of calories, usually amounting to 150 calories every 12 ounces – hence the phrase “beer belly” – while offering hardly any nutritional value, so cut down on it or eliminate it from your diet. Other alcoholic drinks like wine may offer health benefits, but only if taken in moderation. Drink up on [juice drinks](#) instead to keep yourself refreshed and hydrated.



**5. Take smaller, more frequent meals rather than three large ones.**

Studies have shown that taking 5 to 6 meals a day, rather than just the usual breakfast, lunch, and dinner, can help prevent overeating and reduce the impact of skipping meals. In addition, it can also help regulate your blood sugar levels, ensuring that you stay energized throughout the day.

Start your clean eating journey with these simple hacks, and you'll be healthier than ever without even missing what you've changed. Balance things out with a good exercise regimen to make sure that everything about you is in tip-top shape and complete your healthy lifestyle.

**Sources:**

*Why Eating Little and Often is Best*, <http://www.dailymail.co.uk/health/article-53111/Why-eating-little-best.html>

*Meal Plans For 6 Meals A Day*, <http://www.livestrong.com/article/206656-meal-plans-for-6-meals-a-day/>

*Seven Principles of Clean Eating*, <http://www.cookinglight.com/eating-smart/smart-choices/clean-eating>

*10 Tips for Clean Eating*, [http://www.eatingwell.com/nutrition\\_health/nutrition\\_news\\_information/10\\_ways\\_to\\_eat\\_clean](http://www.eatingwell.com/nutrition_health/nutrition_news_information/10_ways_to_eat_clean)