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Clean eating for beginners

Clean eating is not a diet, it's a healthy lifestyle change! Clean eating is a healthier choice, and unlike any other 'fad diet' out there, it requires your wholehearted dedication in adopting this philosophy.

There are certain rules and guidelines you need to follow. Clean eating will not only make you feel light from inside, but also help you shed those extra pounds and stay fit. In a nutshell, clean eating is all about choosing the right food, which are as close to their natural state as possible.

Here are the seven core principles of 'Clean Eating' —

EAT SMALL MEALS EVERY TWO OR THREE HOURS

Eating at regular intervals keeps your blood sugar level from slipping down from the minimum level. Another great thing about this is that it also reduces cravings for unhealthy food. Small meals at routine intervals is what helps your body to stay on track.

NEVER SKIP A MEAL

This will help maintain a stable blood sugar level and avoid snacking on the wrong food. Skipping meals is an unhealthy and unsustainable way to lose weight.

CHOOSE UNREFINED OVER REFINED FOOD

While it may not be possible all the time, you can increase your consumption of whole grains like brown rice, millet, quinoa, whole-wheat, etc. Beans and legumes are also important for a healthy diet.

Clean sugars include honey, maple



syrup; raw sugar is advised. Refined white sugar or even zero calorie sugar are not suitable.

INCLUDE SOME PROTEIN, CARBOHYDRATE AND FAT IN MEALS

Most of us typically do well with carbohydrates and fats, but we often lack protein, especially in the early part of the day, like at breakfast and lunch.

Protein is an important muscle-builder, and it can also help curb your appetite.

When eaten throughout the day, it keeps us feeling full longer.

Olive oil, peanut butter, and nuts are considered good fat and should be included in your everyday diet.

DON'T DRINK YOUR CALORIES

High calorie drinks like coffees and soft drinks, on average, add an extra 400 to 500 calories a day. Choose water first, or my personal favourite, unsweetened tea (any flavour). Other clean drinks are low-fat or

