



WILLIS-KNIGHTON  
DIABETES & NUTRITION CENTER

# Why **CLEAN FOOD GUIDE** You Need to Eat **Real** Foods

*...and how to learn the difference*



# Clean Eating

is a lifestyle that includes foods, recipes and menus that are nutrient-dense for optimal health. If you want to enjoy a life of energy, health and vitality then the secret lies in the foods you put into your body. Nutrition is the foundation of good

health and the key to preventing chronic disease. When you feed your body “clean” nutrient-rich food (real foods) and create new cells from superior building materials, you will notice improvements in every area of your body.

## What to Avoid

- Foods Containing Preservatives
- Hydrogenated Oils (Trans Fat)
- High Fructose Corn Syrup
- Excess Sodium
- Sugar and Sugar Substitutes
- Alcohol and Juice (Both are loaded with sugar.)
- Artificial Foods
- Anti-Foods (foods that are full of calories but no nutrition like potato chips, cookies, cakes, crackers, baked goods)

Anything Containing Ingredients That Are Hard to Read or Understand (If you're having trouble reading the ingredient list of a product, lots of unfamiliar words, don't eat it!)

## A Day in the Life of a Clean Eater

Standard American Diet (S.A.D)	Clean Eating Sample
<b>BREAKFAST:</b> Coffee with cream and sugar	<b>BREAKFAST:</b> Oatmeal with chopped apple and cinnamon, Free-range, organic eggs, scrambled (1-2), black coffee and water
<b>MORNING SNACK:</b> Cinnamon roll or apple fritter; coffee with cream and sugar	<b>MORNING SNACK:</b> ½ cup wild blueberries with small handful of walnuts (less than 10)
<b>LUNCH:</b> Ham and cheese sandwich on white bread with mayo; banana, bag of chips, soda	<b>LUNCH:</b> grilled chicken breast sliced on top of raw spinach, black beans, chopped tomato and onion; water
<b>AFTERNOON SNACK:</b> Candy bar; regular soda	<b>AFTERNOON SNACK:</b> Hardboiled, free -range egg; strawberries; water
<b>DINNER:</b> Three slices deep dish pizza; garlic bread; Caesar salad; beer	<b>DINNER:</b> Baked salmon; half a baked sweet potato; roasted Brussels sprouts; water
<b>BEDTIME SNACK:</b> Pretzels from the bag while watching TV; regular soda	<b>BEDTIME SNACK:</b> go to bed at least three hours after last meal. If really hungry; small apple with almond butter spread



# Real Foods Shopping Guide

The healthiest food often has the least marketing muscle behind it. When was the last time you saw a commercial for the cancer fighting benefits of broccoli? It's unfortunate that food labels, which are ideally designed to help you make educated purchasing decisions, have deteriorated over time into little more than deceptive advertising. Food manufacturers often bend the truth on their labels, and some go as far as being outright fraudulent.

Before your next trip to the grocery store, learn the nine most common ways food labels lie to you:

## “Made With Whole Grains”

Unbleached wheat flour is still the main ingredient but whole wheat flour is further down on the list, indicating that the product contains relatively little whole wheat goodness. Another factor to keep in mind is the presence of potassium bromate, a dough conditioner found in commercial bakery products and some flours, which is a major, but hidden, cause of thyroid dysfunction. This ingredient may be used even in whole grain breads.

## Ingredients

Even if the first ingredient listed isn't sugar, the product may contain more sugar than anything else. How is it possible? Just add up all the sugars that go by different names, such as sugar, corn syrup, high-fructose corn syrup and juice concentrate.

## Serving Size

There are 2.5 official servings in a 20 ounce soda bottles, meaning that 100 calories per “serving” is really 240 calories per bottle.

## Omega-3

Everyone knows omega-3 fats are healthy, but that doesn't mean every product branded with the word is a healthy source.

The Food & Drug Administration (FDA) allows certain foods that are rich in two of the omega-3 fats to advertise that they can reduce the risk of coronary heart disease, but only if they're also low in saturated fats or other risk factors. Which is why some unhealthy foods use a bit of marketing misdirection: the packaging has the word “omega-3,” but nothing specifically about heart health.

## “Made With Real Fruit”

Usually the only thing approximating fruit is concentrate (sugar).

If you want real fruit, buy real fruit. If you want candy, buy candy.



# Making it Work for You

## “0 Trans Fat”

Many reformulated foods are basically just as bad, but they scream one truth: “0 trans fats!” Some manufacturers use smaller serving sizes to disguise that they have trans fat. As long as it does not exceed 1 gram per serving that can claim “0 Trans Fat”. If you have more servings you may quickly gain more than 4 grams in a meal.

## “Free Range Eggs”

This means chickens must be granted the luxury of exactly five minutes of “access” to the outdoors every day. Those eggs you buy may have been raised ethically, with room enough for hens to roam the yard. But there’s no guarantee in the “free range” label.

## Fiber

The fibers advertised in many foods are mainly “purified powders” called inulin, polydextrose and maltodextrin.

These “isolated” unnatural fibers are unlikely to lower blood cholesterol or blood sugar, as other fibers can.

## Health Claim Quackery

The FDA allows food manufacturers to make certain pre-approved “qualified health claims” about the health benefits of nutrients in food. But marketers have stretched this inch into a long mile. For instance, food makers can’t say that their product “helps reduce the risk of heart disease” without FDA approval, so they say that it “helps maintain a healthy heart.” That’s why several public health groups, including the American Heart Association and the American Cancer Society, have voiced concern about this trend.

While these are the nine most common problems with food labels, the truth is that the FDA estimates that roughly one out of every 10 food product labels contain inaccuracies. Additionally, you need to know that a food label must be more than 20 percent off in order for it to violate federal law, and government food labs have a 10 percent margin of error.

This means that an item labeled as having 400 calories can legally have up to 480 calories, and the 10 percent margin of error can bring it up to over 500.





# What Should You Do?

There are no easy answers when it comes to deciphering food labels. In addition to reading labels thoroughly, there are some simple strategies that can help ensure you know exactly what you're eating

- Avoid eating packaged or processed foods
- Eat whole foods
- Prepare your food at home

If you are used to relying on processed foods then this may sound like a tall order. After all, although 80 percent of Americans say they read food labels, 44 percent will still choose to buy a food that they know is bad for them!

It really comes down to a change in mindset – choosing to eat “real” food – food that has been minimally processed and tampered with.



## **Resources:**

*Much of the information in this guide was compiled from a report by The Center for Science in the Public Interest (CSPI) “Food Labeling Chaos.”*

## **Recommending Reading:**

**Take Control of your Health** by Joseph M. Mercola, DO

**Nutrition Action Newsletter** by Center for Science in the Public Interest.

# Making it Work for You

## Tips to Avoid Midlife Weight Gain

- Eat breakfast within 30 minutes of waking
- Exercise regularly (cardio, weights, balance and flexibility)
- 7 to 8 hours of sleep each night
- Drink lots of filtered water; half your body weight in ounces (150 lb. person would drink 75 ounces per day)
- Reduce stress through meditation and visualization

## Reading Labels

Try to limit products when these ingredients appear in the top four of the list

- Sugar
- High Fructose Corn Syrup
- Hydrogenated Oil
- Flour

## On-the-Go Eating

One of the most common excuses people use to avoid eating healthy is not having enough time to prepare meals. You must have a plan of action to avoid this certain pitfall. I recommend that you pack a cooler with a meal and a few snacks. Plan your leftovers after a meal and pack the cooler the night before.

Here are a few healthy suggestions: Hummus and a slice of Ezekiel bread, apple with natural nut butter or raw unsalted nuts, chicken breast with fresh veggies in a whole-grain wrap, homemade bean soup or stew with meat and veggies, salad with chickpeas, brown rice with salmon and vegetables.



# 3 Easy Ways to incorporate a plant-based diet

## Salads

Green leafy vegetables are important and should be the basis of your salads. Kale, romaine, and spinach and dark greens are the best choices. Add in beans for protein and pile on the veggies. Remember to choose organic produce when possible and make your own dressings using flavorful herbs and healthy vinegars and oils.

## Smoothies

Fruit and veggie smoothies can start with fresh or frozen produce. Placing them in a blender offers a great way to optimize absorption of nutrients.

## Soups

Bean-based soups like those with lentils are nutrient dense and keep your hunger satisfied.

## Spice up your Life

Use these in place of salt for better flavor and added health benefits

- Garlic, Sage, Thyme, Onion (fresh or powdered), oregano, cinnamon, cumin, basil, parsley, cilantro
- Turmeric (Curcumin), Ginger (most potent anti-inflammatory herbs)

### Resources:

*Eat to Live* by Dr. Joel Furhman, *Eat Clean Diet* series by Tosca Reno, *The Blood Sugar Solution* by Mark Hyman, MD

# Eat Well!

# Live Well!



## Live Well

**Julie Hartley RD, CHHC, LDN**

Willis-Knighton Diabetes & Nutrition Center

Julie Hartley, a dietitian with Willis-Knighton's Diabetes & Nutrition Center, is not just a dietitian by day, she's an advocate for healthy eating at all times. And, yes, she and her family put into action at home the same principles of nutrition that she advocates at work. Julie's passion for good food is related to her knowledge of how nutrition affects so many chronic conditions and diseases prevalent in the general population. With Julie, eating well is not so much about following the fads as it is about following the basic, proven strategies for good nutrition.

