

Clean Eating Checklist

- ☐ Eat fruits and vegetables. Raw and cooked. Avoid canned fruits and vegetables.
- ☐ Switch to whole grain (bread, rice, pasta, flour).
- ☐ Choose lean cuts of meat (at least 90% lean).
- ☐ Start meatless days (twice a week).
- ☐ Eat more fish.
- ☐ Consume dairy and eggs in moderation.
- ☐ Stay hydrated. Sip water frequently throughout the day.
- ☐ Avoid juices and soda.
- ☐ Enjoy coffee and tea in moderation.
- ☐ Limit your alcohol consumption. Women 1 drink a day or less, men 2 drinks a day or less.
- ☐ Watch out for salt and sugar.
- ☐ Stay clear of processed food (junk food included).
- ☐ Stay physically active. Go for a walk. Do some stretching. Go jogging. No time? Ok, just vacuum the house!