

# MOVING TO UNPROCESSED EATING

## *tips*

### **Moving to Unprocessed Eating**

Moving to clean, unprocessed eating is an important shift toward improved health. Though definitions abound, unprocessed simply is choosing the best, healthiest, least processed foods and decreasing the unhealthy foods. The commitment to unprocessed eating requires an understanding of ingredients and a well-stocked pantry.

#### **Start with these 2 steps:**

1. Clean and take inventory. Empty your refrigerator and pantry, purge items that have long ingredient lists or foods you don't understand. Look at labels, especially salad dressing, sauces, condiments, sweetened yogurts, dairy alternative beverages. Once you have purged, re-stock with whole foods, starting with vegetables. Keep in mind that if you are shopping for one person for one week and plan to eat 3 servings of vegetables a day, you will need to have 21 servings of vegetables available. These can include a variety of fresh and frozen.
2. Shop with intention. Create a shopping list of whole foods. When you shop, don't deviate from this list.

#### **The Basics of Unprocessed Eating:**

1. Load up on vegetables, leafy greens, fruit, seeds, nuts and beans.
  - Plan for a serving of leafy greens daily.
  - Purchase a variety of other in-season fresh or frozen vegetables
  - Purchase a variety of in-season fresh fruit and supplement with frozen fruit for smoothies
  - Make beans a dietary staple. Dry beans are best if you have the time, but canned unsalted (drained and rinsed are a good alternative). For a ratio, 1 can is about 1 ½ cups cooked.
  - Buy nuts and seeds in bulk, this is the most economical way to purchase them – unsalted and raw are best.
2. Eliminate your reliance on packaged and refined foods.
  - Build a shopping list without packaged foods.
  - If you do choose to include an occasional food such as crackers/chips try to limit the amount purchased and select a better-quality product
3. Limit/eliminate added sugar
  - Try using the natural sweetness of fresh or dried fruit instead

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### 4. Reduce alcohol

- A serving of alcohol is 12 ounces of beer, 5 ounces of wine and 1.5 ounces of hard alcohol.
- Alcohol can add excess calories, decrease your judgment and is dehydrating
- Avoid mixed drinks with added sugar

### 5. Shift to eating more meals at home and less out

- Eating at home more gives you greater control over how your food is prepared
- According to numerous studies, the average restaurant meal is over 1000 calories and over 1100mg of sodium

### 6. Eat smaller quantities of animal proteins and select the highest quality your budget can afford

- Eating less meat is better for your health and your budget.
- Buy smaller portions and the best quality your budget can afford

### 7. Select whole, unprocessed organic grains

- Buy grains in bulk for a cost-effective solution
- Experiment with new grains: teff, amaranth, quinoa, freekeh –try something different
- Experiment with a vegetable instead of a grain for a fun twist on some recipes: zucchini noodles, cauliflower mash, spaghetti squash as examples