

# W.O.W.

WAC ON WELLNESS

## NATIONAL NUTRITION MONTH: LET'S START SPRING CLEANING!

What is “clean eating?” There are many interpretations of what clean eating is, but the most useful guidelines focus on the degree of food processing. Foods that are the least processed are those that appear exactly as they were originally created. Think of apples straight from the tree. Even cooking, canning, or freezing are forms of processing. More extreme processing yields less healthy options like tater tots, boxed macaroni and cheese, candy, and fast food. Eating squeaky clean is seldom possible or necessary for optimal health.

### 5 BENEFITS OF CLEANER EATING:

1. Higher nutrient density
2. Lower added sugar and salt
3. Fewer additives and preservatives
4. Better digestive health
5. Better appetite control, fewer cravings, and easier weight control

### 5 TIPS FOR EATING CLEANER:

1. Bump up fruit and vegetable intake, using fresh, frozen, or canned options without additives.
2. Cook more meals at home.
3. Limit pre-packaged foods to those that contain fewer ingredients.
4. Replace some or all highly processed grain products with whole grains.
5. Make dressings and sauces at home whenever possible. Try the Simple Vinaigrette Dressing below.

### SIMPLE VINAIGRETTE DRESSING:

- ¼ cup extra virgin olive oil
- 2-3 Tbsp. red wine vinegar (or a combination of other acidic ingredients like lemon or lime juice, cider vinegar, balsamic vinegar)
- 4 tsp. Dijon mustard
- Salt and Pepper to taste

Shake or whisk until smooth and thick. This is good on green salads, but also on warm lentils or cold bean salads to name a few.



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