

CLEAN EATING STRATEGIES FOR BUSY WEEKDAYS



Refocus on healthy foods!



As we breeze into fall, temperatures start to cool, and kids are back in school, it's a great time to reset your taste buds and clean up your diet by focusing on healthy foods.

We've put together a few ideas on how you can cut back on saturated fat, refined grains, processed foods, sugar, and salt even when all you have is 30 minutes to prepare a "clean" meal.

Choose Wisely

Eating clean is easy when you veggie-load your meals. Focus on vegetables that take less time to prep and cook quickly such as snow peas, asparagus, and broccoli florets. All of these taste delicious if they are tender-crisp—a texture that's achieved with only a few minutes of cooking time.

Make a Swap

Replace refined grains like white pasta or rice with whole grains. Plan ahead and prepare a big batch of longer-cooking grains such as brown rice, barley, or wheat berries to use throughout the week. Or, make quick-cooking varieties like quinoa, bulgur, or faro which can be ready in less than 30 minutes.

Boost Flavor

Fresh herbs and lemon or lime juice give your food a flavor boost when you cut back on salt. On nights when you don't have much time, choose fresh herbs that are easy to work with, such as basil and chives. Dried herbs are an easy solution on nights when you're really pressed for time.

Sweeten the Deal

If you're eating clean, you want to avoid foods with a lot of added sugar. Slim your dessert by choosing fruit. Whirl berries in a blender and stir together with nonfat plain yogurt and a splash of vanilla extract for naturally sweet flavor.

Stay Informed

When you have to rely on convenience products read ingredients and choose products with short lists. Check sodium numbers and choose products that have little or no added salt.

Cut Back

Saturated fat is found in meat and full-fat dairy products. You don't have to avoid it completely, but opt for low-fat dairy products and cook with extra-virgin olive oil instead of butter. Replace some of the meat in your diet with seafood. Shrimp and wild salmon are both good choices for weeknights.



Did you know?

- ✓ **4-digit PLU** codes indicate the produce was grown using conventional methods which may include fertilizers and pesticides.
- ✓ **5-digit PLU codes beginning with 8** mean the fruits or vegetables have been genetically modified and may include new traits which make them resistant to certain pests or diseases.
- ✓ **5-digit PLU codes starting with 9** are completely organic and have no additives.