



CLEAN EATING CHALLENGE

Welcome to the Clean Eating Challenge!

Learn 21 new clean eating tips to look and feel your best!

What exactly is clean eating? It means embracing whole foods like vegetables, fruits and whole grains, plus healthy proteins and fats. It also means cutting back on refined grains, pesticides, additives, preservatives, unhealthy fats and large amounts of sugar and salt.

At its simplest, clean eating is about eating whole foods, or “real” foods — those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. However, modern food production has become so sophisticated that simply eating whole foods can be a challenging proposition these days. If you have food allergies or adhere to a special diet, you can still eat clean!

Your challenge is to complete 17 or more of the 21 challenges!

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

