

944: What's the idea behind your "Clean Food" concept?

TERRY WALTERS: "Clean Food" is about eating minimally processed foods for maximum nutrition. Clean foods are the foods that we all need more of, no matter what else is on our plate. From whole grains and vegetables to non-animal sources of protein like legumes, nuts and seeds ... these are the foods that pack the greatest nutritional punch. Eating

physical and emotional balance, and good health in general. Eating clean also connects you with the source of your food, supports your local economy and farmers, and results in considerably less waste and pollution to your body and your environment from packaging and overconsumption.

944: How easy is it for people to incorporate cleaner foods into their daily meals?

TW: Eating clean is not about jumping from

one extreme to another. It's simply about taking one step at a time, and there are many ways to do it. Look at what you're currently eating. Is there a rainbow of color on your plate? All five tastes (sweet, sour, salty, bitter and pungent)? One way to start eating clean is simply to go to the produce section and purchase one clean food in a color or taste that's currently missing in your diet. If you're still not sure where to begin, you can't go wrong starting with something green. Green foods like kale, collard greens, broccoli, bok choy and watercress are full of minerals, super-healing and cleansing and a great addition to any diet.

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by **MARIE LOOK**

Nutrition Talk

A CHAT WITH TERRY WALTERS, AUTHOR OF
CLEAN FOOD AND CLEAN START

clean is going to be different for each person. For one, it may mean giving up artificial ingredients, for another it may mean giving up processed foods in general, and for still another it may mean going straight to the farm. What's important is not reaching some ideal or following a diet created by someone who has no idea of your unique constitution. Rather, the goal is to empower yourself with knowledge to make healthy choices that serve our unique beings, and to have the tools to create nourishing and delicious food for ourselves and our families with minimal effort so that we can feel great and enjoy all that life has to offer.

944: What are some of the benefits to consuming a cleaner diet?

TW: The health benefits of eating clean are limitless! The cleaner we eat, the clearer we think and the more efficiently we fuel our metabolism and our activity. Every bodily system is benefited by the balanced nutrition of a clean diet — from our nervous system and adrenal function, to greater heart health and immune strength in general. Eating clean will leave you energized, balanced and strong on the inside — all of which is reflected on the outside, too! Not only can eating clean help you maintain a healthy weight, but you'll also notice stronger nails, shiny, healthy hair ... and skin that glows. In both the short and long-term, eating clean helps you maintain



Terry Walters' Tips for Happier and Healthier Eating

- Eat all the colors of the rainbow and all five tastes — sweet, sour, salty, bitter and pungent.
- Don't deprive yourself of the foods you love. Simply focus on bringing new clean foods into your diet, one at a time. Slow changes are lasting changes.
- Be easy on yourself. Every choice nourishes something, even if it's non-nutritional!
- Learn as much as you can by reading, asking and sharing the journey so that you can make good choices — one healthy choice at a time.
- If you change nothing that you eat, change the way you eat it! Sit down to eat your meals, take three deep breaths before you take that first bite, eat slowly so that your food nourishes all of your senses and chew, chew, chew!
- Share the journey and find nourishment from all that life has to offer so that you can enjoy your food simply for food's sake.