

Fitness Guru Natalie Jill Reveals the True Meaning of Eating Clean

James Kyle Bell May 17, 2013



Eating Clean Tips by Natalie Jill

Natalie Jill explains the do's and don'ts of Eating Clean to stay healthy and help fight against disease.

(Newswire.net -- May 16, 2013) San Diego, CA. -- Weight loss and fitness expert Natalie Jill explains the idea behind "eating clean" in her blog titled "Eating Clean, What it really Means." According to Natalie Jill, "Nutrition and "eating clean" is where 80% of the results are. The issue for many is the definition of what "eating clean" REALLY means." Natalie explains that "Eating clean" can be, and is usually

different for every individual. "The answer usually goes...I'm eating clean, but.....and the follow up is usually something like, I love Krispy Kreme," says Natalie. There are very common mistakes that people make when it comes to eating clean.

Not eating frequently enough throughout the day is the first mistake that people make. According to Natalie, people should eat five to six mini meals a day instead of one to three large meals, because the secret is to spread out nutrition and calories so that the body can process them and actually USE all of the nutrients from a meal. If done correctly, one will have plenty of energy while the body will be able to maintain & repair itself. Eating clean will also promote the growth of lean muscle mass, while at the same time decreasing fat storage.

Another mistake people make is that people may not [eat balanced meals](#), which means meals should contain lean proteins, natural unprocessed healthy carbs (fruits, veggies, some whole grains) and healthy fats, because eliminating entire food groups (like carbs or fat) is NOT a long term (or healthy) solution. Also, Natalie is a huge advocate of eating natural, whole foods that are not processed. In other words, "if you don't know what it means when you read the ingredients, it usually isn't natural."

There are many other mistakes that individuals make when attempting to eat clean, or eat healthy. Some of them include eating too much, starving oneself and skipping meals, drinking calories, and more. To find out more about the do's and don'ts of "eating clean" visit Natalie Jill's blog titled "[Eating Clean, What it Really Means.](#)"