



# The Dietitian's DISH

...for a  
Healthy  
Lifestyle



Debra Heverling  
Registered Dietitian  
MA, RD/LDN

## Is Eating "Clean" on Your Spring Cleaning **TO DO** List?

"Clean eating" is a phrase you may be hearing often, but is it just another fad?



It was coined with positive intentions, but as with all evolving trends it may have taken a negative turn.

Key principles originally intended by the term "clean eating" were to eat more whole foods that are minimally processed and without a lot of chemical additives, as well as having transparency around how foods are sourced and prepared.

Some people following a "clean eating" lifestyle believe that eating processed foods or foods of unknown origin is "dirty" or "unhealthy".

But, there are plenty of healthful foods which do not fit the definition. Don't let the negative chatter around eating "clean" stop you from spring cleaning your lifestyle.

Get plenty of physical activity, manage stress, connect with others, get enough sleep, and choosing nutrient-rich foods.

Since "clean eating" and living a clean lifestyle have no official definitions, you can determine what they mean to you and choose a few changes that will help you improve your overall well-being.



### Roasted Salmon with Peach Tomato Salsa

#### Ingredients:

- 1 1/2 cups frozen peaches, thawed and diced
- 1 cup chopped tomatoes
- 1/4 cup diced red onions
- 1/2 jalapeno, seeded and minced
- 3 Tbsp. minced cilantro
- 2 Tbsp. fresh lime juice
- 1 tsp. honey
- 1/8 + 1/4 tsp. salt, divided
- 4 salmon fillets (5 oz. each)
- 3 tsp. olive oil
- 1/4 tsp. ground pepper

#### Directions:

- **SALSA** - In a medium sized bowl, gently toss together peaches, tomatoes, onions, jalapeno, cilantro, lime juice, honey, and 1/8 tsp. salt.
- **SALMON** - Preheat the oven to 425°F. Line the baking sheet with foil and lightly coat with non-stick spray. Place salmon fillets on the prepared baking sheet. Rub them with olive oil and season with 1/4 tsp. salt and pepper. Roast the salmon until just cooked through - 10 - 12 minutes. Serve each piece of salmon topped with peach salsa.