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There's a whole new diet in town – and what makes it revolutionary is that it has nothing to do with eating less grub. The latest hot food trend is simply called 'clean eating'. Also remember that as you clean up your eating habits, your tastes change and you get to the point where you actually crave healthy food. Sounds crazy, but it's true. Sounds crazy, but it's true. Not perfection. 'A healthy balanced diet containing lots of variety should be based on the Eatwell Guide, the UK's healthy eating model.' This, says Stacey, ensures you're getting all the nutrients you need for good health and to reduce your risk of developing chronic diseases such as type 2 diabetes and high cholesterol. The oh-so-Instagrammable food movement has been thoroughly debunked – but it shows no signs of going away. The real question is why we were so desperate to believe it., Clean Food Diet Clean Eating Guide To Help You Feel Amazing Natural Food For Your Health And Beauty Clean Food Diet Healthy Food Clean Eating Diet Healthy Habits Healthy Eating.

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