

Knowing food labels pays off

Learn to decipher buzzwords on the front of a box

*****SOT*****

Carly Zimmer, registered dietitian-nutritionist at OSF HealthCare

"Label reading can be very tedious when you first start, especially when it goes along with a new diagnosis. But once you get in a rhythm and know what foods are suitable for your diet, it does get easier. It becomes habit." (:28)

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Carly Zimmer, registered dietitian-nutritionist at OSF HealthCare

"In general, the FDA says 'natural' means no added colors, additives and things like that. But it doesn't necessarily mean it's healthy." (:16)

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Carly Zimmer, registered dietitian-nutritionist at OSF HealthCare

"It can still have high amounts of fat, sugar and salt." (:03)

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Carly Zimmer, registered dietitian-nutritionist at OSF HealthCare

"All that means is there's some type of whole grain in the food. When we're looking for grains like bread, cereal and crackers, we want those to be whole grains. The label 'multigrain' doesn't necessarily mean it's a true whole grain. The only way to know that is to look at the ingredients, and the first word is 'whole'." (:31)

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"Things that are gluten free and have always been gluten free now have that label on the package just because of food marketing." (:08)