

## Deciphering nutrition facts

*Knowing how to read the numbers will lead to healthier choices*

\*\*\*SOT\*\*\*

**Carly Zimmer, a registered dietician-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)

\*\*\*SOT\*\*\*

**Carly Zimmer, a registered dietician-nutritionist at OSF HealthCare**

“Serving size doesn’t necessarily mean that’s the portion you need to stick to. It can be a pretty good guide. But ultimately, pay attention to what the serving is because if you’re eating more or less than the designated serving, you need to adjust the rest of the nutrition facts.” (:20)

\*\*\*SOT\*\*\*

**Carly Zimmer, a registered dietician-nutritionist at OSF HealthCare**

“Saturated fat is anything that comes from an animal product. High-fat dairy products, cheese, high-fat meat and butter. Unsaturated fat are things like olive oil, nuts, nut butters and avocados.” (:17)

\*\*\*SOT\*\*\*

**Carly Zimmer, a registered dietician-nutritionist at OSF HealthCare**

“Fiber helps keep you full. It helps regulate blood sugar. It’s good for cholesterol levels. Most Americans don’t get enough of it.” (:07)

\*\*\*SOT\*\*\*

**Carly Zimmer, a registered dietician-nutritionist at OSF HealthCare**

“So if something is 20% or more fiber, that’s a good source of fiber.” (:06)