

Knowing food labels pays off

Learn to decipher buzzwords on the front of a box

You walk down the grocery store aisle looking for healthy food. Bright colors and buzzwords like “organic” and “gluten free” catch your eye. It’s tough to decipher fact from fiction.

TAKE VO

Carly Zimmer, a registered dietitian-nutritionist at OSF HealthCare, says when you master reading food labels, finding your desired morsels gets easier each shopping trip.

*****SOT*****

Carly Zimmer, a 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)

VO TAG

Phrases to watch for include: natural, reduced fat, no added sugar, organic, healthy, made with, good source of, and gluten free. Visit the OSF HealthCare Newsroom for details on each.