

Deciphering nutrition facts

Knowing how to read the numbers will lead to healthier choices

ANCHOR LEDE

With warming temperatures, your exercise and diet regimen may be kicking into high gear. Picking up the right food at the grocery store goes a long way toward a healthy diet.

TAKE VO

Carly Zimmer, a dietician at OSF HealthCare, recommends flipping over the food package and looking at the nutrition facts. She says serving size is something that trips people up. One serving is usually not the whole package.

*****SOT*****

Carly Zimmer, OSF HealthCare dietician

“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)

VO TAG

Other tips include avoiding high saturated fat, trans fat and sugar. And choose foods with high fiber. Get a full breakdown of nutrition facts on the OSF Newsroom.