

Soundbite Script – In hot water over bone broth

Emily Wozer, Dietetic Intern, OSF HealthCare

“Bone broth is made by simmering bones from animals like from a rotisserie chicken or a bone in pork chop for several hours, up to 48 hours. This is different from regular stocks and broths which are only simmered for about three to four hours. So it has bolder flavor, as well as more nutrients.”

Emily Wozer, Dietetic Intern, OSF HealthCare

“It’s relatively low in calories, it has about 40 calories per cup and about nine grams of protein. But this can vary a bit based on the recipe that you use, how long it simmered for, or even the brand that you buy, if you're purchasing it from the store.”

Emily Wozer, Dietetic Intern, OSF HealthCare

“This is an ingredient that can be used as a base for soups or stews, but it's definitely not enough for a full meal. We’d want to add some starch or grains, some vegetables and maybe even more protein and a source of healthy fats.”

Emily Wozer, Dietetic Intern, OSF HealthCare

“We definitely want to see more variety, more color, adding in those veggies, fruits, whole grains – things have more substance than a little bit of liquid.”