

New year, new diet

SOT

Dr. Karen Whitehorn, OSF HealthCare internal medicine physician

"The Mediterranean diet is actually pretty easy to follow. But you need to make sure you have the right food in your home. It might be a little more difficult during the winter to get fresh fruits and vegetables. If you can't, frozen is OK. Canned is OK. But we recommend you rinse the canned food first to decrease some of the salt." (:23)

SOT

Dr. Karen Whitehorn, OSF HealthCare internal medicine physician

"Our bodies need nutrients every couple hours. So to not eat anything for 12 hours can cause other problems. If you're diabetic and don't eat for 12 hours, your blood sugar could drop too low. Then when you eat, it could go too high." (:21)

SOT

Dr. Karen Whitehorn, OSF HealthCare internal medicine physician

"Fad diets are not consistent. They're not healthy. They don't provide you the nutrients you need. If it requires you to take a pill or drastically reduce your calories, it's not really a healthy diet. It can only be followed in the short term." (:26)

SOT

Dr. Karen Whitehorn, OSF HealthCare internal medicine physician

"A healthy diet gives you the energy you need to do everyday activities. It has been shown to increase your life expectancy. And it helps prevent chronic medical problems like high blood pressure, diabetes, cancer and heart disease." (:21)