

## **New year, new diet**

**Run time - :37**

LEDE: Picking a good diet in the new year is more than just grabbing the reduced fat food off the shelf. Tim Ditman has more.

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OSF physician Karen Whitehorn says the Mediterranean diet and the DASH diet are good options. Only try fasting if your doctor says so. And take information on social media with a grain of salt.

*SOUNDBITE: "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."*

I'm Tim Ditman.

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TAG: Doctor Whitehorn adds fresh fruits and veggies are better than canned or frozen. But if eat canned veggies, wash them first to remove excess salt.