

Food-As-Medicine | Healthy diets, better outcomes (Broadcast)

INTRO:

THE AMERICAN DIET CONTINUES TO BE A TOPIC OF CONVERSATION. IT SEEMS EVERY DAY THERE'S A NEW ARTICLE ABOUT ULTRA PROCESSED FOODS AND UNNATURAL FOODS AND DRINKS PEOPLE CONSUME. WHILE TRENDY RECIPE VIDEOS CONTINUE TO BE SUPER POPULAR ON SOCIAL MEDIA.

TAKE VO

ENTER THE FOOD-AS-MEDICINE MOVEMENT. IT'S THE IDEA THAT THE FOOD WE EAT CAN PREVENT DISEASE AND EVEN TREAT OR MANAGE IT. A RECENT PANEL OF EXPERTS BROUGHT TOGETHER BY HEALTH NEWS ILLINOIS – SAYS THE MOVEMENT COULD IMPROVE HEALTH OUTCOMES AND EVEN REDUCE YOUR HEALTH CARE COSTS DOWN THE LINE.

ERICA DAWKINS – A REGISTERED CLINICAL DIETITIAN WITH OSF HEALTHCARE – SAYS THE FOOD-AS-MEDICINE CONCEPT IS A GREAT WAY TO RETHINK THE WAY WE EAT.

TAKE SOT | ERICA DAWKINS | REGISTERED CLINICAL DIETITIAN | OSF HEALTHCARE

"Overall, it's promoting a great base of a healthy diet. Promoting good, fresh produce, as well as eating whole grains, lean meats and dairies. Then you'll incorporate those more often into our diets. Aim for different fruits and vegetables with different colors, because they're going to all provide different nutrients. If you ever hear 'make your plate a rainbow,' think about that. So, make sure to use a variety of different colors."

VO TAG

VEGGIES AND FRUITS IN: ADDED SUGARS AND ADDED SODIUM: OUT.

ADDED SUGARS CAN CONTRIBUTE TO WEIGHT GAIN AND OBESITY... TYPE 2 DIABETES AND HEART DISEASE. A DIET HIGH IN SODIUM PUTS PEOPLE AT HIGHER RISK FOR DEVELOPING HIGH BLOOD PRESSURE... WHICH IS A MAJOR CAUSE OF HEART ATTACK AND STROKE.