

Smart eats, healthy streets

Deserting a food desert can be tough, but experts have tips

SOT

Clare Spires

OSF HealthCare exercise physiologist

"We want diets high in fruits, vegetables and fiber and low in saturated fat. Gas stations and fast-food restaurants provide the flip side. They often provide no fruits and vegetables, food high in saturated fat and no good fiber food." (:15)

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"I've found gas stations are very similar to grocery stores. As long as you stay on the outside perimeter, you'll stay away from candy and chips that will be down an aisle. When you walk in, there's usually some sort of fresh fruit or vegetable right there. Pretzels are really great filling snacks. Nuts are good for you. You have granola bars too." (:35)

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"Fast food is notorious for being high in salt. Those foods retain water in our body and can lead to heart and lung problems." (:12)