

Script – Broadcast – In hot water over bone broth

INTRO

About the time Gwyneth Paltrow was in court defending herself regarding a skiing accident, the actress caught some flack when she talked openly about her diet, which includes intermittent fasting and a bone broth lunch.

Fans and critics alike took to social media, unhappy with the way Paltrow was promoting such a low-calorie diet.

VO or WRAP

Experts are quick to point out, however, that bone broth is not a meal by itself. The recommended calorie intake for adult women ranges from 1,600 calories a day to 2,400 calories per day, according to the current Dietary Guidelines for Americans. For men, the recommendation is 2,200 to 3,200 calories each day.

(((SOT)))

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,” says Wozer. “We’d want to add some starch or grains, some vegetables and maybe even more protein and a source of healthy fats.”

TAG

In addition to chicken and pork, bone broth can be made from almost any animal including beef, veal, turkey, and fish. Bone broth is rich in minerals that build and strengthen bones. It also contains many other healthy nutrients, including vitamins, amino acids, and needed fatty acids.