Trust the process?

ANCHOR LEDE

We've heard that processed foods can be bad for our health. But sometimes it's a matter of convenience. Those foods can be cheaper, easier to cook, have a longer shelf life and have a lower risk of food-borne illness.

So, how can we learn to live with processed foods?

TAKE VO

OSF HealthCare Rachel Bauman dietitian says when you're shopping for meat and bread, get it fresh from the deli or bakery.

Beans are another OK choice, and you can rinse them to cut back on sodium.

For things like yogurt, oatmeal and cereal, avoid varieties with added salt and sugar. Instead, add a sweet ingredient – like fruit - on the side in moderation.

SOT
Rachel Bauman (BOW-man…bow like a bow and arrow)
OSF HealthCare dietitian

"Don't put too much pressure on yourself. We have to be realistic with our budget and schedule. Take small steps. One or two changes a week. Slowly improve the diet. Don't expect a full change overnight." (:42)

VO TAG

It's also never a bad idea to talk to your primary care provider or dietitian about changing what you eat. And the OSF HealthCare website has plenty of healthy recipes.