Trust the process?

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

"If you go to the store and they have a bakery, that bread would be considered processed. If you go to the bread aisle for things more commercially baked, that would be ultraprocessed. With any ultraprocessed bread, I would look for whole grains and a high amount of fiber. That would be the healthiest choice that's good for heart health and still has shelf life." (:40)

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

"Any bean that's dried and doesn't have additives would be healthy. Even with canned beans, you can find low sodium varieties." (:15)

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

"You can drain and rinse the beans, and that will cut back the sodium too." (:05)

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

"Buy varieties with less sugar and sodium. You're still getting that fiber from the whole grains. You can certainly continue to eat those foods." (:12)

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)