

Sugary, processed foods are not your friend

Run time - :29

ANCHOR LEDE:

To avoid heart disease, the latest guidance is to ditch those sugary, processed foods. Tim Ditman of OSF HealthCare has more.

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OSF cardiothoracic surgeon Doctor Philip Ovadia [oh-VAY-dee-ah] says to stick to the outer aisles when grocery shopping. That's where you'll find fresh fruit, vegetables, meat and dairy.

### **\*\*\*SOUNDBITE\*\*\***

**Dr. Philip Ovadia, OSF HealthCare cardiothoracic surgeon**

**"You should be able to look at your food and know exactly what's in it. It should have simple ingredients. You can look at them and know what they are." (:09)**

He adds that if you feel hungry again soon after eating, that's a sign the food isn't giving the body the nutrition it needs.

I'm Tim Ditman.

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