

Mayo Clinic Minute

3 S's to limit in your diet

VIDEO	AUDIO
Graphic: Saturated fat Sodium Sugars	Eat healthier by focusing on limiting three nutrients that all start with S: saturated fat, sodium and sugars.
	Saturated fats are fats that mainly come from animal sources.
	Mayo Clinic dietitian Kate Zeratsky says you need some fats, but unsaturated ones are a better alternative.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	Unsaturated fats come from mainly plant foods – so nuts, seeds and oils. Olive oil is mainly unsaturated fat.
	When it comes to sodium, Zeratsky says your salt shaker likely isn't the main problem.
	The majority of the sodium in our diet comes from packaged and processed foods.
	So carefully compare labels, and choose items with lower sodium totals.
Graphic: 200 milligrams = low sodium serving	Look for items that are 200 milligrams or less of sodium.
	As for sugars ...
	... make the natural sweetness in fruits and vegetables your first choice. And, when you grab packaged or processed foods ...
Graphic: 5 grams = low sugar serving	... Five grams or less per serving would be a lower-sugar item.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.