

Video: Improve your relationship with food, registered dietitian says

January 5 2015, by Stasia Thompson

Loyola registered dietitian Kim Sasso sits down with WJOL radio to discuss ways to learn about healthy eating.

While it's easy to find bad advice about nutrition - from the internet or the media - you can find good information on [government websites](#) and the websites of centers who promote evidence-based medicine. Sasso is part of Loyola Medicine's Center for Metabolic Surgery & Bariatric Care.

Provided by Loyola University Health System

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