

# Cut Through the Noise

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Let's talk about my morning supplements.

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We'll put your weight loss journey on easy mode.

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Here are three reasons I don't eat any seed oils.

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You eat beef tallow every day, [multiple people talking]

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There's a lot of noise about food, but food is more than just information to track.

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It's comfort, culture, treatment, energy, and sometimes confusion.

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What if instead of guessing, you had nutrition guidance you could trust?

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Nutrition and dietetics professionals are the trusted, evidence-based experts who bring clarity and credibility to nutrition conversations across daily life.

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Because nutrition shouldn't feel overwhelming, it should feel empowering.

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To find a registered dietitian nutritionist or a nutrition and dietetics technician, registered, visit [eatright.org](http://eatright.org).