

Bone broth:

WORTH THE HYPE?

People have been cooking bones to make bone broth for thousands of years.

Today, this age-old recipe is being promoted as a superfood. But, do these health claims hold water? Here are three main points to keep in mind:

1. Homemade bone broth usually contains more protein than store-bought broth.
2. You can make your broth healthier by adding vegetables and herbs — and skipping the salt.
3. Currently, there is no solid evidence that bone broth has any additional or special medicinal properties, but research is ongoing.