Is Bone Broth a Miracle Food?

In 2015, Kobe Bryant came back from an ankle injury stronger than ever. ESPN announced that bone broth was the reason for his quick recovery. His personal chef was claiming that bone broth helped strengthen his bones. What is bone broth and are the benefits true?

“Bone broth” is different than what we find at the grocery store called “regular chicken broth” or “regular beef broth”. I know, it’s confusing! The difference is that “regular broth” is water that contained meat, herbs, and vegetables, that were boiled for at least 2 hours. This produces a thin, almost clear liquid. “Bone broth” on the other hand was boiled with only bones for 16-18 hours. This will be a very dark and thick liquid. Bone broth is expensive and can be found at health food stores or is available online.

Nutritionally, bone broth contains more protein than regular broth. Bone broth claims the proteins released from the bones in the boiling process are responsible for strengthening bones and weight loss.

Unfortunately, these claims are not proven by science. We know bones are strengthened by calcium, not protein. It leads you to believe that calcium from the animal bones would be leftover in the bone broth but little calcium is found in bone broth. As for the weight loss claim, bone broth is being used as a meal replacement, which would create a diet lower in calories. Most likely the weight loss would be because of the lower number of daily calories.

There is no such thing as a “miracle food”. A diet rich in whole foods, along with physical activity, will keep you happy and healthy. If you do enjoy regular broth, you can find it at the grocery store. Try using low sodium broth in a recipe such as adding it into rice instead of water or quinoa. This is a great way to add flavor to dishes or spice up a recipe you have been using for a long time.

For more information on weight loss please contact the Minneapolis VA MOVE! Program at 612-629-7388