

Soundbite script – Glitter pickles: relish the thought

Nicole O'Neill, dietitian, OSF HealthCare

"I think it's a little silly, but also it's really fun. People who like pretty things are going to love glitter pickles. They're just going to love them." (:08)

Nicole O'Neill, dietitian, OSF HealthCare

"So, anything you can do to make your food more enjoyable, whether it's visually or the taste and flavor and the texture, because texture is a big thing too. That goes a long way toward making food more fun. Because food should be fun." (:15)

Nicole O'Neill, dietitian, OSF HealthCare

"You're going for an aesthetic pleasure. So, if you don't like the color of it, you can add more or less, or if you want to mix and match colors and coordinate with whatever your party is, you can always do that." (:13)

Nicole O'Neill, dietitian, OSF HealthCare

"They went from just the regular boring cutting board with some stuff on it, to these massive, wonderful, amazing, artistic things. They went to fancy stuff, like the charcuterie Christmas tree, where they put pickles in there, to cheese and the meat, and it's amazing. And now younger kids are putting their handprint on it and making it fancy and special." (:28)

Nicole O'Neill, dietitian, OSF HealthCare

"Glitter pickles are just fun. There's no nutritional pro or con here. It's just fun. Do what you like, enjoy it." (:13)