

## **Nutrition 101: Diet Culture *(Interview Transcripts)***

**Shitaldas Pamnani, M.D., PhD, Internal Medicine, OSF HealthCare Saint Clare Medical Center**

“We are seeing more young people get prediabetes, which is basically early stage of diabetes. All of the sugary drinks, Gatorade, even fruit juices which is something I want to stress. If you go to your grocery store or other stores where you buy your juice, look at the glucose or sugar content and how much added sugars they have added to the juice. You will be surprised. Even the orange juice or other natural juice that are promoted as healthy are not really healthy.” (:31)

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“The best option? Water. Plain water. Natural, no calories, no excess sodium or potassium, so that is the best thing for you. Sometimes people think that Gatorade is giving them more energy but it is more of a placebo effect because you see it on TV or your favorite athlete or someone is promoting it – but plain water is as good for hydration as anything.” (:27)

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“We definitely need more greens. Strawberries taste good, bananas taste good, but they also have a high amount of sugar which is the reason they taste good. They are more fructose-based so they are not in the processed sugar category and they are still much healthier than the processed orange juice. But definitely spinach and vegetables, fiber is a big component, zinc, selenium, magnesium – all of the good nutrients that are sometimes lacking are easily available through foods like spinach, avocado, broccoli.” (:30)

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“It works dramatically. Within one month you can lose ten pounds and might feel amazing but down the road – they just recently came out with a study – and they are finding more heart attacks, stroke, higher risk of death. It’s simple – your cholesterol will go high and that is linked to cardiovascular disease.” (:17)

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“Yes, the keto diet can help with rapid weight loss but any short cut has side effects. The big ones I want to point out are fatty liver and high cholesterol. If you want to lose weight and want to follow something similar, I would lay out a plan like 30/30/30 percent of everything – carbs, protein, and fruits and veggies – and then five to ten percent fats. Don’t overeat on the fat.” (:23)