

Spooky Scary Sugar (Interview Transcripts)

Sara Umphfleet, Registered Dietitian, OSF HealthCare Saint Luke Medical Center

“This is a sugar model I like to use. It talks about things like the amount of sugar in half a cup of Jell-O, for example – and there is a lot of sugar in Jell-O (about 16 grams). Same with the amount of sugar that is in something like just one Pop-Tart (about 14 grams), and you get two in a bag. A big one is soda which has a lot of extra added sugar in it (about 39 grams). And these aren’t natural sugars like from apples and oranges and bananas. These are sugars that are added. Hershey’s candy bars are another example with a lot of sugar (about 24 grams).” (:30)

Sara Umphfleet, Registered Dietitian, OSF HealthCare Saint Luke Medical Center

“I typically recommend offering things like bubbles or bouncy balls – some of those little trinkets you can find at the dollar store instead of giving candy out. You also think of food allergies and they are going to get candy from a lot of neighbors and friends – so try to do something different.” (:17)

Sara Umphfleet, Registered Dietitian, OSF HealthCare Saint Luke Medical Center

“I recommend to give them a couple pieces of candy and then put the rest away. They definitely don’t need to be eating all of the candy the night of Halloween. And then offer it usually in the afternoons rather than at night time when they are getting ready for bed and less active. You don’t want all of that sugar to sit in their gut.” (:21)

Sara Umphfleet, Registered Dietitian, OSF HealthCare Saint Luke Medical Center

“It is very important to stay hydrated and get those beverages in, but try to stick to the sugar-free beverages. Choose 100% fruit juice rather than juice that has 10% juice which has a lot of extra added sugar. Also look on food labels to avoid things with high fructose corn syrup, so things like soda.” (:18)