

Effect of the “Almond Mom” *(Interview Transcripts)*

Abby Vladika, Family Medicine Advanced Practice Nurse, OSF HealthCare

“When patterns are developed at a young age – sometimes even as early as five, six, or seven years old – and we emphasize and focus on negative aspects of food, that can create a pattern that follows children. So when you are talking about foods with kids, you want to emphasize healthy choices.” (:22)

Abby Vladika, Family Medicine Advanced Practice Nurse, OSF HealthCare

“I’m a big advocate of healthy eating with balance, moderation, and really avoiding using the word ‘diet’ because diets tend to be trendy and not sustainable long-term. So overall, with kids, really set the foundation of healthy eating habits and how to incorporate those and discuss why certain foods are good foods versus mentioning ‘bad’ foods. Maybe instead explain why we eat more of something and less of another.” (:31)

Abby Vladika, Family Medicine Advanced Practice Nurse, OSF HealthCare

“When we look at foods that are considered fat-free or sugar-free, a lot of times they are processed and may be filled with additives and preservatives – things that are not great for our bodies and aren’t easy to digest.” (:17)

Abby Vladika, Family Medicine Advanced Practice Nurse, OSF HealthCare

“Unless you have a chronic medical condition like Crohn’s or celiac disease or you are gluten intolerant where obviously you want to avoid those foods that might flare up those diseases, but restrictive eating should just really be considered just eating in moderation is what’s best.” (:20)