

## **Sugary, processed foods are not your friend**

**\*\*\*SOT\*\*\***

**Dr. Philip Ovadia (oh-VAY-dee-ah), OSF HealthCare cardiothoracic surgeon**

**“What we eat on a daily basis is the biggest risk factor for developing heart disease.” (:06)**

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**“The problem with fruit juices, as opposed to eating the fruit, is that a lot of the fiber has been stripped out of the juice. You’re getting very concentrated levels of sugar.” (:13)**

**\*\*\*SOT\*\*\***

**Dr. Philip Ovadia (oh-VAY-dee-ah), OSF HealthCare cardiothoracic surgeon**

**“Increased sugar in the bloodstream is directly damaging to our blood vessels. This is one of the things that can start the process of plaque formation, or blockages, in the blood vessels.” (:14)**

**\*\*\*SOT\*\*\***

**Dr. Philip Ovadia (oh-VAY-dee-ah), OSF HealthCare cardiothoracic surgeon**

**“You should be able to look at your food and know exactly what’s in it. It should have simple ingredients. You can look at them and know what they are.” (:09)**

**\*\*\*SOT\*\*\***

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**“If you find yourself getting hungry very quickly after eating, that’s a sign that food is not providing your body with the nutrition it’s looking for.” (:11)**