

Oatzempic Smoothie: Is it a miracle drink?
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Broadcast Version

INTRO:

A NEW SOCIAL MEDIA TREND IS PUTTING A TWIST ON THE OZEMPIC WEIGHT LOSS FORMULA – JUST WITH THE USE OF OATS.

TAKE VO

IT'S REFERRED TO AS "OATZEMPIC." IT'S A SMOOTHIE MADE UP OF REGULAR OATS... WATER AND LIME JUICE. SOME PEOPLE ARE ADDING CINNAMON TO IT AS WELL. THE TREND STATES YOU CAN LOSE 40 POUNDS IN 2 MONTHS BY DRINKING THE SMOOTHIE EVERY MORNING. IT'S A QUICK RECIPE THAT CAN BE BLENDED EASILY. IN THE END – THE GRAINY DRINK AIMS TO KEEP YOU FULL LONGER... DIMINISHING THE NEED TO EAT FOR AT LEAST A COUPLE HOURS.

WHILE OATS DO COME WITH HEALTH BENEFITS – JENNY REAY (**RAY**) – A REGISTERED DIETITIAN AND WEIGHT MANAGEMENT COORDINATOR AT OSF HEALTHCARE... SAYS THIS IS NO "MIRACLE SMOOTHIE."

JENNY REAY | REGISTERED DIETITIAN, WEIGHT MANAGEMENT COORDINATOR | OSF HEALTHCARE

"This smoothie is just going to keep you full for a couple hours until your next meal. It's just a recipe, there's nothing magical about it. There's no literature that shows it's going to actually cause that amount of weight loss in that short a period of time."

VO TAG

WHEN COMPARING "OATZEMPIC" TO MEAL REPLACEMENT SHAKES... REAY SAYS THE MEAL REPLACEMENTS HAVE KEY INGREDIENTS THAT THE SOCIAL MEDIA CRAZE IS MISSING LIKE PROTEIN... FIBER... CARBOHYDRATES... VITAMINS AND MINERALS.