

Soundbite Script – The Mediterranean diet, exercise and bone loss

Nicole O'Neill, dietitian, OSF HealthCare

"This was not studied specifically for the Mediterranean diet and bone loss. It was something they found incidentally and then studied it closer. It's not that it's wrong, it's just that it's inconclusive." (:21)

Nicole O'Neill, dietitian, OSF HealthCare

"The Mediterranean diet overall limits the amount of dairy, so most people get the majority of their calcium and vitamin D from dairy products. So, say you were doing three glasses of milk a day. If you switched to a Mediterranean diet and dropped down to one glass of milk, you could cause bone loss because you're getting less calcium and vitamin D if you're not careful." (:24)

Nicole O'Neill, dietitian, OSF HealthCare

"I really do like the Mediterranean diet. There are a lot of pros. The cons are it's a little fussy. You have to push and pull things around, and you have to be careful to fill in the gaps with foods that are appropriate. If you're not used to having that bigger load of fruits and vegetables and whole grains, that's a lot of fiber that maybe your guts are not used to. So, a slow, incremental approach might be the best way to start." (:26)

Nicole O'Neill, dietitian, OSF HealthCare

"There are really a lot of moving parts. When you start a new diet, we don't want a crash course. We want it to be sustainable. We want it to be long term, and we want it to be something that fits for you and that makes sense." (:15)