

Soundbite script – The pain of starting a diet

BreAnne Gendron, nurse practitioner, OSF HealthCare

“When you start a diet, you are generally eating less, regardless of what type of diet you decide to do. If it's a whole food or keto or anything where you're taking in less food, you're probably going to run the risk of having low blood sugar. And occasionally, it can cause a headache.” (:19)

BreAnne Gendron, nurse practitioner, OSF HealthCare

“And with some diets, especially keto, you can have electrolyte issues because you're not eating the fruits and vegetables you normally would. In that case, if you get headaches because your electrolytes are wonky, it is a good idea to take a multivitamin when you're on a keto diet.” (:22)

BreAnne Gendron, nurse practitioner, OSF HealthCare

“Some people say there're a couple days where you feel pretty crummy. They call it the keto flu.” (:08)

BreAnne Gendron, nurse practitioner, OSF HealthCare

“You have to find what works for you, and not everybody's the same. I know when my blood sugar gets low, I can feel it. I'll get a headache and I get a little weak. And if you feel like you need to eat, it's OK to eat. Choose something healthy, have a small meal and find out what works for you. You don't want to be miserable.” (:16)