

## **Soundbite script – As you age, just say “no” to the junk food**

**Jason Crum, dietitian, OSF HealthCare**

“It doesn't surprise me: these are the ages where people are looking to retire. And they're looking at what they're going to eat. How quickly will it take to eat these things, cooking, and processing. People don't want to do that anymore. They're tired, they're fatigued, so they look for quick, easy things.” (:19)

**Jason Crum, dietitian, OSF HealthCare**

“These processed foods not only have sodium, but they also have sugar of various types. And those paired together instigate a hormonal response that most of us don't know how to really read and respond to. So we fill ourselves with the calories instead of the actual food or the nutrients that would make our hormones work better, so it makes the addiction stronger.” (:25)

**Jason Crum, dietitian, OSF HealthCare**

“We have a disconnection between how our gut really feels and how we interpret that hormonally, but also our lifestyle, how active, how busy we are. We see our nurses, for example, running around for 12-14 hours a day. They don't have time to eat, but it's easy in four minutes to eat a piece of pizza and a burger and fries. And that's the disconnect between our gut and our lifestyle and how we interpret that.” (:23)

**Jason Crum, dietitian, OSF HealthCare**

“For most people we emotionally eat, it's something to distract us. And we tend to go for the things that will give us that reward center in our brain, sugar rewards that center, and we look for that as a temporary fix to things.” (:13)

**Jason Crum, dietitian, OSF HealthCare**

“The first thing to do is to ask yourself if you're hungry. And what am I looking to eat? Do I even know what it's made of? The more real the food is, the better that's going to work for us than these processed foods. There's far less added sugar, there's far less added sodium to it. So it makes it easier for our body to use the nutrients and reduce any cravings and addictions.” (:21)