

Soundbite script – What’s all the (food) noise about?

Nicole O’Neill, dietitian, OSF HealthCare

“Food noise is an intrusive, compulsive, constant thoughts about food that's getting in your way. It's running your life. It's causing you to make poor decisions about your food intake, and it's often something you don't want. I enjoy thinking about food because I like food but it's not bothering me. So, I would not call that kind of thought about what I'm going to make for dinner a problem. But if all you do all day long is think about what the next thing is. That's food noise, that's a problem.” (:35)

Nicole O’Neill, dietitian, OSF HealthCare

“Because if all you're doing is thinking about food, eventually you’re going to give in. And it's not that food is bad, but if you're preoccupied with, let's say, a whopper or donuts or whatever random processed thing, eventually you will not have the willpower to avoid it, and then you're going to be eating too many calories. If your goal is to maintain a healthy weight, it's going to get you in trouble.” (:29)

Nicole O’Neill, dietitian, OSF HealthCare

“I think if you're really struggling with food noise issues, you should try to omit processed foods. Really focus on whole fresh foods. So, you're getting protein, fats and fiber, plenty of carbs, because we need to have those things. And if you're just eating processed stuff, you miss out on a lot of the good, fresh stuff.” (:27)

Nicole O’Neill, dietitian, OSF HealthCare

“Working with a dietitian is always going to be helpful if you are struggling with food noise. I also think working with a therapist or a counselor, if it really runs your life, is an excellent process. There's no one size that fits all though. It's a very personal, very difficult thing to deal with. But we're here to help.” (:27)