

Kick the Sugar Habit During No Soda November - Interview Transcripts

NAME/TITLE: Dr. Rebecca Baumann, OSF HealthCare Cardiologist

On cardio disease

“There’s a dose dependence, she explained. “The more you drink, the higher the risk of heart disease. Heart disease means stroke, it means disease of your coronary arteries, which can lead to heart attacks, it means vascular disease, so disease of the blood vessels elsewhere in your body, not to mention obesity and diabetes, which are both big risk factors for cardiovascular disease.” (:24)

On awareness

“I think people know that sugar is in soda, in regular soda. I think that’s not a secret, but I think being a drink, people aren’t able to grasp how much sugar is actually in there. Once you read the numbers it’s pretty staggering. A 12 ounce can of soda contains more than what a grown man should have per day for added sugar,” said Dr. Baumann. (:23)

On focusing on soda

“All added sugar is bad, but soda is really where you get it most readily. It goes down really fast, and before you know it you’ve consumed way more than your daily allowance,” said Dr. Baumann. (:10)

On taking it slowly

“It’s hard, first of all. Like any addiction, it’s going to be hard, so don’t expect it to be easy. Don’t be hard on yourself. You have to do it gradually.” (:08)

On teaching kids about sugar

“Children can understand it and need to be taught that.,” urged Dr. Baumann. “That will establish healthy food choices, lifestyle choices that will carry with them into adulthood.” (:11)