

**Mayo Clinic Minute**

**Sugar Study**

**Video**

**Audio**

<b>SOT</b>	<i>Candy being dumped out.</i>
<b>VO</b>	THERE'S NO SHORTAGE OF SUGAR IN AMERICAN DIETS--
<b>SOT</b>	We already know – we eat too much sugar.
<b>VO</b>	AND THAT'S TRUE LONG AFTER THE HALLOWEEN HAUL IS GONE.
<b>SOT</b>	<i>Sound of wrappers</i>
<b>SOT</b>	It's really what we eat day to day that's the big impact.
<b>OC</b>  Title: Mayo Clinic Minute Mayo Clinic News Network Jeff Olsen	NOW A NEW STUDY HAS FOUND REMOVING SUGAR FROM KIDS' DIETS CAN ALSO HAVE A BIG IMPACT – AND A FAST ONE.  I'M JEFF OLSEN WITH A MAYO CLINIC MINUTE.
<b>VO</b>  SUGAR STUDY University of California-San Francisco and Touro University  Blood pressure Cholesterol levels Glucose tolerance	WHEN A TEAM OF CALIFORNIA RESEARCHERS REDUCED SUGAR AND FRUCTOSE IN THE DIETS OF OBESE CHILDREN – POSTIVE METABOLIC CHANGES WERE SEEN IN JUST NINE DAYS.  BLOOD PRESSURE, CHOLESTEROL LEVELS AND GLUCOSE TOLERANCE ALL IMPROVED.
<b>SOT</b> Title: Katherine Zeratsky Clinical Dietitian Mayo Clinic	Even if the scale doesn't change or you don't feel dramatically different, yes, good things are happening in your body.

<b>VO</b>	AND, MAYO CLINIC DIETICIAN KATHERINE ZERATSKY SAYS, THAT'S GOOD NEWS FOR PARENTS WHO'LL SPEND THE NEXT COUPLE OF WEEKS POLICING A CANDY BOWL.
<b>SOT</b>	Yes, these are things that can be part of a diet. We're probably not going to eat them as often.
<b>GRAPHIC</b>	FOR DETAILS ON THE SUGAR STUDY AND MORE HEALTH NEWS, VISIT MAYO CLINIC NEWS NETWORK.