

Mayo Clinic Minute

A doctor's assignment for healthier students

VIDEO	AUDIO
Graphic: Goal = healthier living	If you're goal is healthier living in this school year, here's some good news:
Vandana Bhide, M.D.	"So minimal kinds of changes can make a big difference."
Graphic: Assignment No. 1: (minus sign) Sugar	Internal Medicine Specialist Dr. Vandana Bhide says your first assignment can simply be to subtract sugar from your student's diet.
	<i>Sound of a soda can being opened</i>
	Focus on sugary soda drinks and other highly concentrated sweet treats.
Title: Vandana Bhide, M.D. Internal Medicine Mayo Clinic	"We know that reducing sugar will certainly decrease your risk of diabetes."
Graphic: Deduce risk of Diabetes Obesity Chronic conditions	It will also reduce your child's risk of obesity and other chronic medical conditions.
Vandana Bhide, M.D.	"If it was a small amount, we could utilize it. But, when you have high amounts of sugar – especially fructose – that is converted to fat. So it is, I think, more important to monitor your sugar and try to prevent eating a lot of sweets."
Graphic: (minus sign) Sodium (plus sign) Fruits and vegetables (plus sign) Good night's sleep	Dr. Bhide says to look for ways to reduce sodium, too. Add more fruits and vegetables to meals and snacks. Make sure your student is getting a good night's sleep. And remember:
Vandana Bhide, M.D.	"Just making that small intervention can make a big difference."
	For the Mayo Clinic News Network, I'm Jeff Olsen.