



## DID YOU KNOW MARCH IS NUTRITION MONTH ?

This is the time to take steps in improving your diet and nutrition

This year's Academy of Nutrition and Dietetics' Month theme is "Bite into a Healthy Lifestyle" which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

The Academy of Dietetics and Nutrition states "A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables". While that is important, its also essential to make informed food choices based on individual health and nutrient needs says registered dietitian and Academy Spokesperson Marjorie Nolan Cohn. "Knowing which nutrients your body needs, the foods that contain them, and how much it fits into your healthy eating plan are all part of making overall health".

This may sound simple, but knowing which foods contain the nutrients you need is next step in biting into a healthy lifestyle, Cohn says, "For instance, most people know that oranges are a good source of Vitamin C, however so are tomatoes and potatoes".

This can become extremely frustrating especially for individuals who are required to follow restricted diets with specific dietary modifications. "Many patients often become frustrated in knowing what to eat" says Digestive Care Dietitian, Holly Band. Often, people are already familiar in knowing which foods contain which nutrients however when food choices include convenience foods, it is not always clear.

Band states "This is when a consultation with a registered dietitian is beneficial in helping identify which foods to include for overall health and prevention of disease and symptoms ". A registered dietitian can guide your food choices while keeping your preferences in mind, especially when foods selections go beyond whole foods into premade or packaged foods, which may not always be as clear says the Academy. Speak to your physician to see if a consultation with a dietitian is right for you!

Follow Digestive Care's website at [www.digestivecareonline.com](http://www.digestivecareonline.com) all month long! We will be featuring Nutrition Facts and Tips to help you make positive dietary changes. For further information on how to "Bite into a Healthy Lifestyle, also check out the Academy's website, [www.nationalnutritionmonth.org](http://www.nationalnutritionmonth.org).

**For more information or to schedule an appointment,  
Please call (954) 344-2522 or Toll Free (877) FL GI DOC  
[www.digestivecareonline.com](http://www.digestivecareonline.com)**

