



## Nutrition Month Weekly Tips

### Week 1: On Registered Dietitian Nutritionist Day and Every Day Academy of Nutrition and Dietetics celebrate the Experts

March is National Nutrition Month when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthful eating. It is also when the Academy celebrates Dietitians as the food and nutrition experts. This Year, Registered Dietitian Nutritionist Day is Wednesday will take place March 11.

Registered Dietitian Nutritionists meet stringent academic and professional requirements. The Academy warns anyone can call him or herself a "nutritionist" But when you consult with a Dietitian Nutritionists you can know you are receiving advice from an educated, trained and trusted expert.

Holly Band, RD, LD/N, dietitian nutritionist with Digestive Care is a Florida licensed health professional and a member of the Academy of Nutrition and Dietetics with over twenty years of international nutrition expertise. She may work with you to help manage a variety of diagnosis including: Celiac Disease, Inflammatory Bowel Diseases GERD, Irritable Bowel Syndrome, Weight Management, Diabetes and more.

If you would like more information on Nutrition Month, please check out [www.nationalnutritionmonth.org](http://www.nationalnutritionmonth.org) or to seek individual nutrition guidance, please speak to your physician to determine is a nutrition consultation with Holly is appropriate for you.

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)

