



## Nutrition Month Weekly Tips

**Week 2:** "BITE into a Healthy Lifestyle" with Informed Food Choices during National Nutrition Month and Beyond" says Academy of Nutrition and Dietetics

Each March, the Academy of Nutrition and Dietetics encourages Americans to return to the basics of healthy eating through National nutrition Month. This Year's theme, "Bite into a Healthy Lifestyle" encourages consumers to adopt a healthy lifestyle that is 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.

Age, gender, body type, family history, existing health conditions and daily routines all play factor in determining which foods we should eat more of and which we should avoid when trying to optimize health.

The Academy recommends a consultation with a registered dietitian is the best tool for learning what your body needs to achieve peak health and prevent disease. Speak to your Digestive Care physician to determine if an appointment with Holly Band, the Digestive Care Dietitian is right for you. If you would like more information on Nutrition Month, please check out [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)

