



## Nutrition Month Weekly Tips

**Week 3:** During This Nutrition Month make sensible snacks part of your healthy eating Plan says the Academy of Nutrition and Dietetics

Snacks can be a fun and valuable part of a person's healthful eating plan, but they can also add unneeded calories, sugar, sodium and fat. During National Nutrition Month, the Academy of Nutrition and Dietetics offers smart snacking ideas that help everyone "Bite into a Healthy Lifestyle".

For adults, a healthy snack can provide an energy boost and satisfy your mid-day hunger. If you haven't eaten for three or four hours a snack can help bring up your blood sugar level for optimal sugar. For older adults with smaller appetites or limited energy, several small meals including snacks may be easier for their bodies to handle says Academy spokesperson Isabel Maples.

At Digestive Care, our Dietitian Nutritionist, Holly Band RD, LD/N can help you make the right food and nutrition choices . In order for you to "Bite into a Healthy Lifestyle", contact your physician to make an initial consultation appointment. 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)

