

National Nutrition Awareness Month

The month of March is celebrated annually as the National Nutrition Awareness Month in the United States to spread awareness about healthy eating and nutrition. A campaign created by the Academy of Nutrition and Dietetics, this year's theme is "Eat Right, Bite by Bite," to highlight the importance of making healthy food choices every day.



According to a study, poor food habits are responsible for more than 400,000 deaths in the U.S. every year. With more and more people turning to junk food daily and lack of knowledge of nutritional options that are available, health problems such as heart diseases, high blood pressure, hyperthyroidism, and diabetes are on the rise. This has become a cause of worry for the medical community as they believe that the nation is on the verge of an obesity epidemic that is being fueled by unhealthy eating patterns.

To keep these problems at bay, make sure that you get annual health check-ups along with **ECGs**. Engage in regular physical activity and consume food keeping in mind its nutritional content. Get your daily dose of vitamins, minerals, and proteins and keep the below-mentioned things in mind while charting your diet plan for a healthy heart and enhanced sense of well-being:

- **Include fiber in your diet**

People living in the U.S. consume around 10-15 grams of fiber daily. However, the amount recommended by experts is 25-30 grams per day.

Fiber is an extremely important component of your diet as it impedes cholesterol absorption, thus being instrumental in reducing the risk of diabetes and heart problems. Soluble fiber also enhances your gut health and keeps your blood sugar levels in control. Instead of choosing meat products regularly, include beans, broccoli, whole grains, and nuts in your diet to get your daily dose of fiber.

- **Stay away from saturated fats**

While low amounts of fat are required by the body for the lubrication of joints, and to promote brain health, high amounts of it can be detrimental to your well-being. Consuming food that has saturated fats increases cholesterol levels in your blood which negatively impacts your heart health.

Ideally, you shouldn't be consuming more than 13 grams of saturated fats every day to keep their heart-healthy. Avoid fried foods and limit the intake of animal products. Consuming a plant-based diet is one of the most effective methods to lower the levels of saturated fats in the body.

Food is fuel for your body and it directly affects its functioning. But apart from this, exercise is also equally important. Get at least 30 minutes of physical exercise every day. If you lead a sedentary lifestyle, get your heart pumping by exercising for an hour daily and get annual **ECGs** as well to ensure that your body is in good health.

To improve accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.

5 Foods You Should Start Eating This National Nutrition Awareness Month

March is celebrated as the National Nutrition Awareness Month in the USA, a nutritional education and information campaign created by the Academy of Nutrition & Dietetics. This yearly campaign shows the importance of developing healthy eating and physical activity habits to improve well-being and keep health problems at bay. Been around for a long time, it has been successfully inspiring millions of Americans to pursue the path it focuses on.



Considering the rising cases of heart disease among Americans, we thought of informing you about a few foods that are good for heart health and that you should include in your diet this National Nutrition Awareness Month, apart from keeping a check on your heart using a **Resting ECG**. Let's look at them:

Nuts

A handful of nuts, such as almonds, walnut, cashew nuts, and others, a day can keep your heart healthy. Nuts are rich in essential vitamins and omega-3 fatty acids that help lower bad cholesterol (LDL) levels in the body and regulate blood circulation, which is beneficial for cardiac health.

Berries

Berries should be in your diet for two reasons. First, they are tasty and easy to consume. Second, they are packed with phytonutrients and soluble fiber that help improve heart health. Try consuming blueberries, strawberries, raspberries in your breakfast or lunch.

Green vegetables

Green vegetables are well-known for their richness in vitamins, minerals, and antioxidants. But most people don't know that they are also an excellent source of heart-healthy Vitamin K, which helps protect arteries and support proper blood clotting. Consuming leafy veggies such as kale, spinach, bok choy, and others, is helpful for cardiac health.

Dark chocolate

Dark chocolate has a higher percentage of cocoa compared to milk chocolate. And research says that cocoa is great for health; however, it should be consumed in moderation because of sugar. So, the next time you get chocolate cravings, buy yourself dark chocolate.

Fruits

According to health experts, fruits that are rich in potassium, magnesium, beta-carotene, and fiber may help reduce the risk of heart disease and increase good (HDL) cholesterol levels in the body. Oranges, papayas, tomatoes, cantaloupes, and others are a few fruits you may want to add to your diet.

How to keep your heart healthy?

Apart from consuming heart-healthy foods, you should participate in physical activity for 30-45 minutes thrice a week. Besides, monitor your heart health using a PC-based **Resting ECG** device, which works by reading the electrical activity of your heart.

Bottom Line



This National Nutrition Awareness Month, make sure to keep yourself and your family healthy and active by making healthy food choices and partaking in physical activity at least thrice a week. Also, try keeping track of your health using a PC-based **Resting ECG** device.

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