

# UNDERSTANDING THE IMPORTANCE OF NUTITION AND OVERALL HEALTH, ESPECIALLY YOUR HEART

 **Nasiff Associates, Inc.**  
Leading patient care  
**DIAGNOSTIC ECG SYSTEMS**  
AMERICAN MADE

**D**id you know that **National Nutrition Month is observed every March?** Founded by the Academy of Nutrition and Dietetics, its purpose was to celebrate making informed food choices and then adopting healthier eating habits.

## MARCH IS NATIONAL NUTRITION MONTH: TREATING OUR BODIES RIGHT WITH HEALTHIER EATING HABITS

LEARNING ABOUT NUTRITION IS VERY CRUCIAL BECAUSE IT WILL INFLUENCE EVERY PART OF YOUR LIFE. WHEN YOU EMBRACE WHOLE FOODS AND BEGIN TO PRIORITIZE BALANCE AND MODERATION, YOU CAN FIND NUMEROUS WAYS TO CARE FOR YOUR BODY AND YOU WILL NOURISH FROM WITHIN.



We will explore what the significance of National Nutrition Month is and share several practical tips for incorporating healthier eating habits that we can easily use in our daily lives.

We have all heard the adage, “You are what you eat.”

**Every single morsel of food and every sip of drink you put into your mouth will dictate your health over the short and long term.**

Nutrition plays a very decisive role in every aspect of our lives, which impacts our physical health, mental well-being, and long-term quality of

life. A balanced diet rich in essential nutrients, vitamins, and minerals is essential for:

- **Supporting optimal growth and development**
- **Maintaining a healthy weight**
- **Reducing the risk of chronic diseases like Heart Disease, Diabetes, and Cancer**

By prioritizing nutrition and making mindful food choices, we can fuel our bodies with the nutrients they need to thrive.

 **Embracing Whole Foods**  
One of the cornerstones of healthy

## ABOUT NASIFF

A MED-TECH COMPANY COMMITTED TO ENHANCING PATIENT CARE IN HOSPITALS, OFFICES, AND HOME-BASED MEDICAL FACILITIES BY DELIVERING HEALTHCARE PROVIDERS WITH INNOVATIVE SOLUTIONS.

eating is embracing whole, minimally processed foods that are free from additives and rich in nutrients and free from artificial ingredients. Whole foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential nutrients and fiber that will support overall health and well-being.

When incorporating a range of colorful fruits and vegetables into your meals this can help provide a diverse range of nutrients and antioxidants to support optimal health.

Unfortunately, there are way too many Americans who spend the most of their time eating *ultra-processed foods*, which don't look anything like the whole food they originally came from. Like, cereals come from wheat or grains, but they are extremely processed forms of the original food item. Jerky includes meat, but again, it's highly processed.

Rather than accepting the processed food item, go back to the source of the item, whenever possible.

## •2• Prioritizing Balance and Moderation

Healthy eating is all about balance and also moderation, not deprivation or following strict rules. Instead of focusing on restrictive diets or cutting out entire food groups, you should continue to strive for balance by including various foods in your diet.

Practice moderation in your portion sizes. This will mean controlling yourself when you want to finish a family-sized packet of chips, cookies, or cake.

When you enjoy occasional indulgences in moderation, this can help satisfy your cravings and can prevent feelings of being deprived. This can make healthy eating more sustainable in the long term.

## WHY CHOOSE NASIFF?

**Heart Disease** is a serious health concern that causes more fatalities than any other disease. An Electrocardiogram (EKG) is a non-invasive diagnostic test that measures the heart's electrical activity and can help detect heart abnormalities, such as heart damage or abnormal heart rhythms. The EKG is one of the most reimbursed tests because it does a great job of finding early signs of heart disease. Dr. Nasiff has developed diagnostic tools that are *highly regarded* in the medical community.

## •3• Reading Food Labels

Reading food labels is very essential for making informed food choices and understanding the nutritional content of packaged foods. At first, you might be a bit confused by the labels, but over time, you will learn to read them like words in a book.

Pay attention to your serving sizes, calorie counts, and the ingredients list to identify potential sources of added sugars, *unhealthy fats*, and sodium.

Choose foods with the least amount of processing, with ingredients you easily recognize, and opt for products that are lower in added sugars, saturated fats, and sodium.

## •4• Cooking at Home

Cooking at home can give you more control over the ingredients you use and cooking methods used in your meals, which makes it easier to make healthier choices. Experiment with new recipes and cooking techniques to add variety to your meals and you will discover new flavors and textures.

You can get creative in the kitchen by incorporating seasonal produce, herbs, and spices to compliment the flavor of your dishes without relying on excessive salt or added sugars.

## •5• Practicing Mindful Eating

Mindful eating will involve paying attention to your body's hunger and fullness cues and savoring each bite



HEALTHY EATING STARTS WITH YOU AND EVERY CHOICE YOU MAKE. NATIONAL NUTRITION MONTH IS HERE, AND IT'S A GOOD TIME TO REVAMP YOUR DIET AND REPLACE UNHEALTHY CHOICES WITH HEALTHIER ONES.

of food without distractions. Take the time to chew your food slowly, savoring the flavors and textures, and listen to your body's hunger and satiety signals. Eating mindfully can help you prevent overeating, promote digestion, and enhance the enjoyment of meals.

**•6• Staying Hydrated**

Proper hydration is essential for your overall health and well-being, supporting digestion, cognitive function and metabolism. You should aim to drink plenty of water during the day, and incorporate hydrating foods such as fruits, vegetables, and herbal teas into your diet. Limit the consumption of sugary beverages and opt for water as your primary source of hydration.

**•7• Seeking Professional Guidance**

If you have specific dietary goals or health concerns, consider seeking guidance from a registered dietitian or nutritionist who can assist you with personalized recommendations tailored to your individual needs. A qualified nutrition professional can help you develop a balanced eating plan, address nutritional shortages, and make sustainable lifestyle changes to support your health and well-being.

**•8• Being Flexible and Adaptable**

Healthy eating is not about perfection instead, progress and consistency over time. Be flexible and adaptable in your approach to nutrition, recognizing that there will be days when your eating habits may not align perfectly with your goals.

# GET INSPIRED DURING NATIONAL NUTRITION MONTH TO EAT HEALTHIER

Instead of dwelling on setbacks or slip-ups, focus on making positive changes one step at a time and take time to celebrate your successes.

**•9• Making Healthy Eating a Priority**

Finally, prioritize healthy eating as an essential aspect of self-care and overall wellness. Treat your body with the respect and the care it deserves by nourishing your body with nutrient-rich, wholesome foods that will support optimal health and vitality.

Remember, even minor changes add up over time. Every positive food choice you make contributes to your overall well-being.



**NATIONAL NUTRITION MONTH IS ALSO A GREAT TIME TO GET HELP IN THIS EFFORT. YOU CAN GET HELP WITH DIETARY AND NUTRITION SERVICES. THEY CAN HELP YOU ADOPT A HEALTHY DIET THROUGH COUNSELING.**

## NASIFF ASSOCIATES, INC.



**CARDIORESTING ECG**

The first fully featured 12-lead PC-based cardiology system offers durability and reliability. Our ECG efficiently manages tests, is easy to learn, saves money, and integrates with existing equipment. It includes a user-friendly Universal EMR Interface and an unlimited database.



**CARDIOSTRESS TESTING ECG**

This system transforms any PC into a complete cardiology system with fully interpretive 12-lead diagnostics. It also performs the Stress Exercise tests with precise measurements and auto-diagnosis and supports an unlimited patient database.

M3seo. (2024, March 28). National Nutrition Month: Treating our Bodies Right with Healthier Eating Habits. AO Multispecialty Clinic. <https://www.aomsc.com/national-nutrition-month-treating-our-bodies-right-with-healthier-eating-habits/>