

# *Inspirations &* **CELEBRATIONS**

## How To Improve Your Daily Diet By Eating Healthy for National Nutrition Month

By: Christina-Lauren Pollack – March 22, 2017



Since March is National Nutrition Month, it's a perfect time to learn how to eat healthy and boost your wellness. From expert advice from Registered Dietitians, Doctors, and Health & Wellness Experts on which foods to eat (and which ones to avoid) to unique home-delivery healthy food services that make it easy to eat healthy and get the vital nutrients you need, here are effective, simple changes you can make in your daily diet that will encourage you to eat healthy and be well.

### **Tip # 3: Minimize Sodium Intake**

**Dr. Robert Huizenga**, an Internist and Associate Professor of Clinical Medicine at UCLA, is best known for his surgical-free, drug-free approach to obesity, which he has championed over the last 16 seasons of *The Biggest Loser*. He also runs *The Clinic by Dr. H* – a state of the art, multi-disciplinary fat loss facility in Malibu, California and has authored two books. To help you eat healthy, he recommends minimize sodium intake. He says, “We should be getting 2,300 mg or less of sodium. For those with high blood pressure, the daily goal is less than 1500 mg of sodium. Remember, more than 3/4 of the sodium we get comes from processed food or restaurant meals, less than 1/4 from added salt at home.”

For more health and wellness tips, check out the Diet & Nutrition section on *Inspirations & Celebrations*.

<http://inspirationsandcelebrations.net/2017/03/eating-healthy.html>