



# HOME HEALTH AWARENESS



Giving you the answers before the questions come!

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## Nutrition for Health

Contributed to H.H.A. by  
Naveena Reddy, MS, RD, CDE

The benefits of nutrition goes beyond health. A good diet will promote good health while giving you energy and help with good sleep. For centuries, foods are used to treat health conditions. Several chronic conditions require that we eat differently to manage or treat them. Hence the evolution of several diets in the market these days. However, not one diet works for everyone with same problem. For example, people with diabetes need to follow a diabetic diet which includes a calorie level. The amount of calories differs from one person to the other along with the kinds of foods that need to be included in the diet for blood glucose control. Overall the basic principles of diets could be applied to everyone and reap some benefits. Let's discuss a few diets and how they can contribute in disease management.

### **Heart:**

A heart healthy diet has been in existence for several decades and includes low cholesterol, low fat, and low sodium. American Heart Association recommends decreasing fat content of the meal to 25% of the calories, 200 milligrams of Cholesterol and 2000 milligrams of sodium per day if you have a heart condition. This diet was proved to improve your heart's strength and performance there by reducing your visits to the hospital. Recently Mediterranean diet gained popularity in U.S and throughout the world. It includes eating less red meat, more whole grains, fruits and vegetables, eating fish 2 or more times a week, and taking wine in moderation.

### **Cancer:**

Good nutrition takes top priority if you are suffering from cancer, because not only cancer but also some of the treatments can affect your appetite and strength. Eating well during the treatment will help to keep up your strength and energy, tolerate the treatment related side effects, maintain your weight and overall health, and could also help in recovering faster. The specific nutritional needs will differ from one person to another depending on their state of health. In general, a good diet for cancer is the eating a variety of foods that provide antioxidants and adequate amounts of vitamins and minerals. For weight maintenance and strength, the diet should be high in protein, moderate in carbohydrates and fats and easily tolerable.

### **Obesity**

Diet is the most popular treatment used for weight loss. Eating less calories and fat will cause you to lose weight. However a good weight loss plan should not only cause you to lose weight but also keep it off. Each day more and more people try to lose weight by temporarily altering their eating habits and are disappointed when they could not keep it off. A good weight loss diet is choosing a variety of foods that are low fat and high fiber, eating at regular times and skipping high calorie foods and beverages. Stress management and a good night sleep also help in making your diet successful. Exercising is as important as eating healthy in achieving your weight loss goals.

Please look for more articles in the future months discussing the health conditions and the diet effects in more details. I will also present you with tips on how to prevent these conditions.