

March is National Nutrition Month®

Dr. James C. Wittig, Orthopedic Oncologist, encourages assessing and making adjustments toward eating better for optimized health.

March is National Nutrition Month®, a perfect time to assess your daily nutrition intake and make adjustments that will optimize your health for today and for the future. National Nutrition Month®, sponsored by the Academy of Nutrition and Dietetics, is a time to raise awareness and take into consideration the choices you can make for an overall better healthy eating pattern. This year's theme, "Enjoy the Taste of Eating Right," encourages you to explore new foods and tastes.

"The benefits of eating right, maintaining a healthy lifestyle and exercising regularly cannot be stressed enough. In addition, it is never too late to begin anew and take the steps necessary to begin following healthier eating guidelines, reviewing and adjusting your lifestyle choices as well as "taking those first steps" toward exercising," notes Dr. James C. Wittig, Vice Chairman, Orthopedic Surgery; Chief, Orthopedic Oncology and Sarcoma Surgery at HackensackUMC and Director, Skin and Sarcoma Division at the John Theurer Cancer Center. "As an Orthopedic Oncologist specializing in limb-sparing surgery and cancers affecting the musculoskeletal system and soft tissues, part of the healthcare plan for each and every patient is encouraging a healthy lifestyle to keep their bones, joints and muscles healthy and to aide in recuperation from surgery. The steps taken today will always be returned in your favor. "

According to the Weight Information Control Network, an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the following guidelines can help you begin anew: Nutrients—like vitamins, minerals, and dietary fiber—nourish our bodies by giving them what they need to be healthy. These guidelines advise adults to eat more of these nutrient rich foods: fruits and vegetables, whole grains, like oatmeal, whole-wheat bread, and brown rice, seafood, lean meats, poultry, and eggs, fat-free or low-fat milk and cheese, or substitutes (like soy or rice milk) that are high in vitamin D and calcium, beans, nuts, and seeds. Eat less of these foods: Some foods have many calories but few of the vitamins, minerals, or fiber your body needs. Added sugars, solid fats, and refined grains pack a lot of calories into food but do not add nutrients. The Government's dietary guidelines recommend that you limit foods such as these: sugar-sweetened drinks and desserts, foods with butter, shortening, or other fats that are solid at room temperature; white bread, rice, and pasta that are made from refined grains.

To encourage your resolution toward a healthy lifestyle, visit www.tumorsurgery.org's wellness page to get additional tips to help you along the way. As you move forward this year, keep these tips in mind and be aware every day of the choices you can make to keep your health at an optimal level.

About Dr. Wittig

James C. Wittig, MD specializes in limb-sparing surgery; pediatric and adult bone and soft tissue sarcomas; melanoma; benign musculoskeletal tumors; metastatic cancers; as well as complex hip and knee replacement surgery. He also has special expertise with regard to tumors that affect the shoulder girdle and scapula. In addition to his Hackensack University Medical Center office located at 20 Prospect Avenue, Suite 501, Hackensack, NJ, Dr. Wittig has a Morristown Office within Tri-County Orthopedics, 190 Ridgedale Avenue, Suite 300, Cedar Knolls, NJ 07927. He is a member of the American Academy of Orthopedic Surgeons; New York State Society of Orthopedic Surgeons, Inc.; and the Medical Society of New Jersey. He has published over 90 educational materials ranging from original reports, abstracts, videos and articles in the following

publications: Clinical Orthopedics and Related Research, The Journal of the American College of Surgeons, American Family Physician, Journal of Arthroplasty, Radiology and Journal of Bone and Joint Surgery. He is also a prominent lecturer in the field of Orthopedic Surgery throughout the nation. Dr. James C. Wittig has been interviewed in national and local print, TV and radio outlets including The Dr. Oz Show, New York Daily News and other publications. He has also been recognized as one of “The Nation’s Top Doctors” by New York Magazine. For more information about this or other related topics, or to schedule an appointment, please call, in NJ, 551-996-2533 or out of state, 1-855-DRWITTIG (1-855-379-4884), visit TumorSurgery.org or email Dr. Wittig at [drjameswittig\(at\)gmail\(dot\)com](mailto:drjameswittig(at)gmail(dot)com).

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