



What You Eat Affects Your Feet

March is National Nutrition Month and there's a clear relationship between your diet and your podiatric health. One of the most important ways is by how your food choices help you achieve or maintain an appropriate weight. Your feet must carry the weight of your entire body and extra pounds put extra strain on your knees, feet, and ankles. For every pound you gain or lose you increase or decrease the pressure on your knees by up to 4 pounds. That shows that even losing a small amount of weight can significantly improve your lower extremity health.

Many patients are defeated before they even get started when considering a radical diet plan. The trick is to make small but significant changes and continue to improve your eating habits gradually but steadily.

Below are some tips from the Academy of Dietetics and Nutrition

Learn what your body needs.

If you are unsure of the number of calories or the types of foods you should eat, consult your physician or a registered dietician to learn about what your body needs. Nutritional needs change based on your age, sex, and level of physical activity.

Eat a wide variety of foods from healthful food groups.

Aiming to include a rainbow of fruits and vegetables and a variety of lean sources of protein and low-fat dairy products will ensure you get all the nutrients you need.

Learn to read labels.

By law, the packaged foods you buy will have the nutrition information displayed on the label. You can learn the amount of sugar, fat, sodium, and other nutritional data about foods that can help you make better choices. By comparing labels, you will see that even the same product - tomato sauce, for example - may have varying amounts of sugar depending on the brand you pick.

Drink plenty of water.

This will help you feel full and keep you hydrated.

Change your plate size.

Simply downsizing your plate will automatically reduce portion size. Try to avoid going back for seconds.

Making the effort to attain an appropriate weight will not only help your feet, it will improve the health of your entire body by reducing your risk of diabetes, heart disease, hypertension, and other diseases.

Give us a call if you have any concerns about your feet or ankles or are experiencing any pain. We will diagnose the issue and get you on the road to living a pain-free life.



If you are experiencing pain or have questions about your feet, use our [online directory](#) to find a podiatrist near you. To learn more ways to take care of your feet, [contact us](#) and consider subscribing to our [free e-newsletter](#).