



Health Chats *by SAIL Vendor, Jesi Hirsch*

Since information in the healthcare field changes rapidly, I thought it would be fun to share health information that may give you “food for thought,” clarify something you’ve heard or wondered about, or even something you are just curious about.

My goal in sharing this information is to enhance your quality of life. When we feel better, move better, think better, we can take in all life has to offer! I hope you feel free to share your thoughts, questions, or concerns with me as well.

Speaking of “food for thought,” here are 3 ‘diets’ you may find familiar—Paleo, Mediterranean, and Standard American Diet (SAD).

- ♦ Paleo—“If a caveman didn’t eat it, neither should you” Food examples include, meat and fish, fruits, regional veggies, seeds, and leafy greens
- ♦ Mediterranean—primarily plant-based and includes fruits and veggies, whole grains, nuts, legumes, herbs, spices (instead of salt), seafood, and healthy fats such as olive oil
- ♦ SAD—rich in red meat, dairy, processed and artificially sweetened foods, salt, minimal intake of fruits, veggies, fish, legumes, and whole grains.

Which one would serve you better?

Jesi is an RN and the President of RN Patient Advocates of Madison. You can contact Jesi by email at jesihirsch@gmail.com with any thoughts or questions on healthy living or check out her website, www.madisonpatientadvocates.com, for more information.
