



The Way We Eat: Looking Beyond Nutrients to Help Clients Build Better Diets

Webinar May 14, 2012

The Way We Eat: Looking Beyond Nutrients to Help Clients Build Better Diets

Resource Handout

Speakers:

Mary Young, M.S., R.D. – Senior Food & Nutrition Strategist for Edelman Public Relations

Polly Adema, Ph.D. – Culinary Anthropologist

Laura Thomas, M.Ed., R.D., L.D. – Author, Nutrition Educator

Conversation Starters

How can I be helpful today? or How can I help you?

What food can you not live without?

If you were stuck on an island and could only have 5 foods, which would they be?

How do you feel about your (reason for visit today) ? your child's weight, blood pressure etc.

In a classroom or workshop setting, play a word association game. Call out a holiday or special occasion, and participants call out the first thing they think of relating to that occasion. 9 out of 10 times they think of food. Then we talk about some reasons other than hunger that we choose to eat certain foods.

Who does the shopping in your home? Who does the cooking?

When you are not worried about your weight or health, what do you enjoy eating?

In a group setting ask why you eat (nutrition is usually the last thing mentioned).

When talking with elderly patients (70+), I start by stating I remember the stories my dad told us children about their school lunches (lard and sugar) sandwiches and how things have changed. They then go into how they ate growing up and what they eat now.

When facilitating mindful eating exercises, emotions, habit, culture, one's associations with food emerge as contributing factors and serve as conversation starters.

What is your earliest food memory?

What is a pleasant food memory from childhood?

What are some foods that you use to self-medicate - to help you feel a certain way? What foods do you think of when you feel certain emotions, like happiness or loneliness?

Tell me about how food fits into your families traditions.

Tell me about a favorite food memory. What are your favorite foods?

Resources

Generations: The History of America's Future, 1584 to 2069 by Neil Howe and William Strauss
www.amazon.com/Generations-History-Americas-Future-1584/dp/0688119123

The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg
charlesduhigg.com/the-power-of-habit/

Materials and books by Nancy Clark, MS, RD, CSSD
www.nancyclarkrd.com

Kids Eat Right Campaign Materials
www.kidseatright.org

A Celebration of Culture
www.dairycouncilofca.org/PDFs/CulturalFoodGuide.pdf

OldWays Heritage Pyramids
<http://www.oldwayspt.org/resources/heritage-pyramids>

Food Attitudes Lesson Plan
Lesson Plan developed by University of Connecticut EFNEP. To help participants become aware of their eating habits, food preferences and the different forces that influence what foods they choose.
www.canr.uconn.edu/ahs/SnapEd/images/PDFs/foodattitudes.pdf

Touching Hearts, Touching Minds
Emotion Based nutrition education materials
www.touchingheartstouchingminds.org

Minimizing Unintended Consequences of Simplistic Nutrition Recommendations, Good Advice Need Not Go Awry.
www.dairycouncilofca.org/PDFs/Unintended_Conseq_2012.pdf

Motivational Interviewing: Integrating the Total Diet Approach
Online CE module, demonstrates total diet approach when counseling
www.dairycouncilofca.org/HealthProfessionals/EducationCenter/CounselingCourse.aspx

Cooking Resources

These resources connect to the nine factors that influence consumer food choices; food as fuel, health, personal struggles, creativity, culture and heritage, memories and celebrations, emotions, human connection and expressions of love. Refer clients to resources that align most closely to their values.

Cooking on a Budget

<http://recipefinder.nal.usda.gov/>

Creative outlet: resources for home canning and preserving

<http://food.unl.edu/web/fnh/home>

<http://food.unl.edu/web/food/home>

Healthy Cooking Across America

Kristine Napier, Editor and Food and Culinary Professionals Dietetic Practice Group – American Dietetic Association, 2005 Wiley

www.amazon.com/American-Dietetic-Association-Cooking-Healthy/dp/0471474304

The Super Foods Rx Diet by Wendy Bazilian, DrPH, MA, RD and Steven Pratt, MD and Kathy Matthews (Rodale, 2008) Cook Book Available from www.wendybazilian.com

The Cooking Cardiologist by Richard Collins, MD

www.thecookingcardiologist.com/

Passover the Healthy Way by Bonnie R. Giller, MS, RD, CDN, CDE

passoverthehealthyway.com/

The Big Green Cookbook by Jackie Newgent, RD

www.jackienewgent.com

The 5 Ingredients for Healthy Living Cookbook

by Chere Bork, RD and Laurie Meyer, RD

Cook book available at www.cherebork.com

Healthy Palate Delicious and Simple Recipes to Enhance Meals with Fruits and Vegetables

Mary Lynn Farivari, RD

www.healthypalatecookbook.com

My Calabria by Rosetta Constantino

www.cookingwithrosetta.com/cookbook.html

This is the loving story of how a woman wrote down her family recipes; recipes from her mother or grandmother that had never been written down.

New Indian Cook Book by Madhu Gadia, MS, RD

www.cuisineofindia.com

LaBelle Cuisine: Recipes to Sing About by Patti LaBelle

www.amazon.com/LaBelle-Cuisine-Recipes-Sing-About/dp/0767903145

LaBelle's Lite Cuisine by Patti LaBelle

www.amazon.com/Patti-Labelles-Lite-Cuisine-Labelle/dp/159240085X

Sylvia's Family Soul Food Cookbook by Sylvia Woods

www.amazon.com/Sylvias-Family-Soul-Food-Cookbook/dp/0688162193

The Healthy Soul Food Cookbook by Wilbert Jones

www.amazon.com/The-Healthy-Soul-Food-Cookbook/dp/0806520280

The New Soul Food for People with Diabetes by Fabiola Demps Gaines and Roniece Weaver M.S.

www.amazon.com/Soul-Food-Cookbook-People-Diabetes/dp/158040250X

The Wedding Dress Diet by Robyn Flipse, MS, RD

www.WeddingDressDiet.com

Fighting the Freshman Fifteen by Robyn Flipse, MS, RD

www.freshmanfifteenbook.com