

Steps in the Implementation of the Healthy Dietary Practices Coaching Program

The program is implemented in 6–8 sessions over 10–14 weeks. The program’s session contents provide general healthy dietary information and practices that are current and evidence-based. Specific diets are discussed (session 8) but none are recommended, and it is made clear early in the intervention that these are not weight-loss sessions. Participants desiring to lose weight are urged to consult their physicians for help in choosing an eating plan that is best for them. The material provided in these sessions is meant to stimulate informed discussions about important nutritional topics. Flexibility allows the clinician to tailor individual sessions to the client’s needs and interests. Collaboration between the clinician and client is essential throughout the intervention.

Session 1

- Introduce the clinician and the intervention purpose, scope, and structure.
- Assess current eating practices.
- Present the “Modified MyPyramid for Older Adults” (Tufts University, 2007).
- Review the “Tips for Healthy Eating” (Tufts University, 2002), the “Four Rules of Healthy Eating and Weight Management,” and “General Serving Sizes” (Pat Harper, Registered Dietician, University of Pittsburgh, 2006).
- Introduce *Heart-Healthy Home Cooking African American Style* (National Institutes of Health, 1997), and provide a copy as desired.
- Present “Rate your plate” (Pat Harper, University of Pittsburgh, 2006) and invite the client to participate in this mindfulness exercise in upcoming weeks, rating their daily portions of grains, vegetables, fruit, dairy, protein, fat, and fluids and compare them to recommended levels.
- Encourage the client to record any questions, concerns, or interests on a form provided for this purpose and included with the articles provided at each session.

Session 2

- Review questions or notes from the interval and the “Rules of Healthy Eating and Weight Management.”
- Engage in question and answer about the “Modified MyPyramid for Older Adults.”
- Present and discuss “Set Up to Nutrition and Health” (*Nutrition*, American Dietetic Association Knowledge Center, 2006), including
 - Making smart food choices
 - Getting the most from your calories
 - Finding the balance between food and physical activity
 - Eating “5 to 9” fruits and vegetables per day (“Eat 5 to 9 A Day for Better Health,” *Nutrition*, American Dietetic Association Knowledge Center, 2003).

- Present and discuss “Clean”, “Separate”, “Chill”, and “Cook” information for safe food handling (USDA, Partnership for Food Safety Education publication and www.fightbac.org).
- Present and discuss “The New American Plate” (American Institute for Cancer Research Publication).
- Present and discuss the idea of “Super Foods” (“Are You Eating Enough Super Foods?” National Dairy Council, 2005).
- Present and discuss “Prevent and Control High Blood Pressure: Mission Possible, What Every African American Should Know” (US Department of Health and Education, 2003).
- Review understanding of and participation in the “Rate Your Plate” exercise.

Session 3

- Review questions or notes from the interval and progress in managing balanced meals.
- Administer and discuss the “Heart Healthy Quiz “ (www.foodandhealth.com, 2006).
- Present and discuss “Get Smart—Get the Facts on Food Labels” (*Nutrition*, American Dietetic Association Knowledge Center, 2006).
- Present and discuss “Keeping *Trans* Fats in Focus” (*Nutrition*, American Dietetic Association Knowledge Center, 2005).
- Present and discuss “Be Heart Smart! Eat Foods Lower in Saturated Fats and Cholesterol” (National Institutes of Health, 1997).
- Present and discuss “Comparison of Dietary Fats” (Canola Council of Canada).
- Review the client’s participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Session 4

- Review questions or notes from the interval and progress in choosing lower-fat foods.
- Present and discuss “Clearing Up Calorie Confusion” (*Nutrition*, American Dietetic Association Knowledge Center, 2004).
- Present and discuss “How Much Are You Eating? Sample Food Portions Larger Than 1 Pyramid Serving,” “Eat Smart” information about common changes over time to portion sizes in popular culture, and “Seven Ways To Size Up Your Servings”—tools for learning every-day skills to determine healthy portions. Administer the “How Does Your Knowledge of Portions Stack Up?” quiz (Pat Harper, University of Pittsburgh, 2006).
- Present and discuss “Spice Up Your Life! Eat Less Salt and Sodium” (National Institutes of Health, 1997).
- Review the client’s participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Session 5

- Review questions or notes from the interval and progress in monitoring portion sizes.
- Present and discuss “Calcium and Vitamin D: Essential Nutrients for Bone Health” (*Nutrition*, American Dietetic Association Knowledge Center, 2004).

- Present and discuss “Vitamin D, Benefits for Bone Health and Beyond: A Conversation with Dr. Michael F. Holick” (www.beverageinstitute.org, Beverage Institute for Health and Wellness of the Coca-Cola Company).
- Present and discuss “Nutrition Data: Know What You Eat—Foods highest in Vitamin D” (www.nutritiondata.com/foods, 2009).
- Present and discuss “African-American Health and Dairy Foods” (Nutrition fact sheet, American Dietetic Association Knowledge Center, 2004).
- Administer and discuss the “Test you Calcium I.Q.” quiz (National Dairy Council, 1998).
- Present and discuss “What’s Your Plan When Eating Out?” considering low-fat choices and using portion control (Pat Harper, University of Pittsburgh, 2006).
- Present and discuss “What to choose at the ‘Big Three,’ a look at what to order at Chinese, Italian, and Mexican restaurants in the United States (www.ConsumerReportsonHealth.org, 2006).
- Present and discuss “Vending Machines—Use the Right Sense” (Food and Health Communications, www.foodandhealth.com, 2006).
- Present and discuss the benefits and drawbacks to eating nuts (Pat Harper, University of Pittsburgh, 2006).
- Review the client’s participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Session 6

- Review questions or notes from the interval and any experiences with eating out.
- Present and discuss “Fruits & Vegetables,” their relationships to cardiovascular disease, blood pressure, cholesterol, gastrointestinal health, and vision and engage in the “Fruits and Vegetables Q & A” (Pat Harper, University of Pittsburgh, 2006).
- Present and discuss “Celebrate Fruit and Vegetable Month” and choosing a variety of colors to enjoy the maximum nutritional benefit of these foods (*Communicating for Health*, 2006).
- Present and discuss “Protect Your Heart! Prevent High Blood Pressure” (National Institutes of Health, 1997).
- Present and discuss “Add Potassium to Help Lower Blood Pressure” (*Nutrition Fact Sheet*, www.eatright.org, American Dietetic Association).
- Present and discuss: “Eat Smart: Omega-3s” (www.americaonthemove.org, 2008).
- Present and discuss “Low-Fat and Low-Calorie Cooking Tips” (Pat Harper, University of Pittsburgh, 2006).
- Present and discuss “Grocery Coupons” including sources, guidelines and rewards and advantage cards (Pat Harper, University of Pittsburgh, 2006).
- Review participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Session 7

- Review questions or notes from the interval and or concerning the discussions last week about fruits and vegetables, low-fat cooking, protecting your heart, or using grocery coupons.

- Present and discuss “Flavor: A Matter of Taste” (*Nutrition*, American Dietetic Association Knowledge Center, 2004).
- Present and discuss “Go With Whole Grains for Fiber” (*Nutrition*, American Dietetic Association Knowledge Center, 2004).
- Present and discuss “Dietary Fiber: An Important Link in the Fight Against Heart Disease” (*Nutrition*, American Dietetic Association Knowledge Center, 2006).
- Present and discuss “What Current Science Says About Dietary Fiber” (The Kellogg Company).
- Present and discuss “Fiber Facts: Tips to Increase Fiber” (UPMC Health System, Information for Patients).
- Present and discuss “Are your taste buds aging? Our sense of taste erodes as we grow older” (*The Supermarket Guru*, supermarketguru.com, 2000).
- Review participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Session 8

- Present and discuss any of the following articles or fact sheets that reflect the client’s interests or concerns:
 - “Popular Diets Reviewed” (*Nutrition*, American Dietetic Association Knowledge Center, 2004)
 - “Popular Diets Reviewed, Part 2” (*Nutrition*, American Dietetic Association Knowledge Center, 2006)
 - “Healthy Weight with Dairy” (*Nutrition*, American Dietetic Association Knowledge Center, 2004)
 - “Polyols: Sweet Benefits” (*Nutrition*, American Dietetic Association Knowledge Center, 2004)
 - “Adult Beverage Consumption: Making Responsible Drinking Choices” (*Nutrition*, American Dietetic Association Knowledge Center, 2005)
 - “Hot Topic: Glycemic Index” (Marion J. Franz, MS, RD, CDE, American Dietetic Association, 2005)
 - “7 Mindful Eating Tips” (Susan Albers, PsyD, National Eating Disorders Association, 2004)
 - “Carbohydrate 101” (www.foodandhealth.com, Food and Health Communications, Inc., 2006)
 - “The 10 Commandments of Weight Loss” (www.foodandhealth.com, Food and Health Communications, Inc.)
 - “10 Bright Ideas for Weight Loss” (www.foodandhealth.com, Food and Health Communications, Inc.)
 - “Tips for Overcoming Common Dieting Obstacles” (Weight Watchers)
 - “10 Traits of People Who Keep Weight Off” (*The Diabetes Advisor*, 1998)
 - “Seafood Lovers’ Guide” a fact sheet detailing the relative mercury and omega 3 levels of various fish species (Pat Harper, University of Pittsburgh, 2006)
 - “Looking for more health and nutrition information?” (Pat Harper, University of Pittsburgh, 2006)

- Review participation in the “Rate Your Plate” exercise. Discuss and problem-solve any difficulties.

Booster Session 1 (*3 months after the last regular session*)

- Assess current dietary practices, eating mindfulness and the status of any changes attempted during the treatment course.
- Review “The Four Rules of Healthy Eating and Weight Management” and the “Modified Food Pyramid for Older Adults.”
- Revisit areas of particular interest, concern or challenges and goals. Discuss upcoming plans to improve nutritional health.

Booster Session 2 (*6 months after booster session 1*)

- Assess current dietary practices, eating mindfulness, and the status of changes attempted during the treatment course.
- Revisit areas of particular interest or concern, or challenges and goals.
- Explore and affirm healthy changes enacted from this intervention. Discuss upcoming plans to improve nutritional health.