



# **Dietary Advice Prompt sheet for Health care professionals**

**A resource to provide advice and guidance to encourage patients to make healthy changes**

**Version 1 - October 2023**



# Dietary Advice Prompt sheet for Health care professionals



Wholegrains



Small hand full of Nuts and/seeds



3+Vegetables



2+ Fruits



Legumes 3 tablespoons+ i.e., beans, chickpeas, lentils, peas

## Global Nutrition Report



[www.globalnutritionreport.org/resources/nutrition-profiles/europe/northern-europe/united-kingdom-great-britain-and-northern-ireland/](http://www.globalnutritionreport.org/resources/nutrition-profiles/europe/northern-europe/united-kingdom-great-britain-and-northern-ireland/)



✓ **'Eat a rainbow'** plate of colourful veggies - rich in nutrients



✓ Bread, wraps, pasta, rice, (advise wholegrain) noodles, weetabix, oats



✓ Meat, fish, poultry, tofu, legumes - eat a protein source at every meal/snack (includes dairy products)



✓ Milk, cheese, yoghurt and soya alternatives - advise low fat



✓ Vegetables, nuts and seeds - eat a variety of unsalted nuts and seeds (small portions)



✓ Fruits - tinned, frozen and fresh

# Prompts

## Fruit and Vegetables

**Question** Do you get minimum of 5 a day (3+ vegetables /2+fruits)

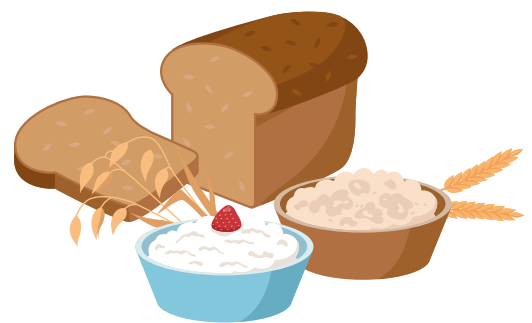
**Tip** Discuss variety as key

**Question** Do you think you eat enough Fibre food sources?

**Tip** Discuss nuts/wholegrains (aim for 30g of fibre per day)

**Tips** To increase fibre

- Choose a high fibre no added sugar breakfast cereal such Weetabix, shredded wheat or oats
- Go for wholemeal or seeded breads and choose wholegrains like wholewheat pasta, spaghetti, bulgur wheat or brown rice (try mixing white and brown at first to gradually introduce)
- Go for potatoes with their skins on, such as a baked potato, sweet potato or boiled new potatoes
- Use wholemeal and seeded versions of pitta, wraps etc.
- Add beans, lentils or chickpeas to stews, curries and salads
- Try mixing a few spoons of red lentils and half the meat in your spaghetti bolognese, curries, stews etc.
- Include plenty of vegetables with meals, either as a side dish or added to sauces, stews or curries

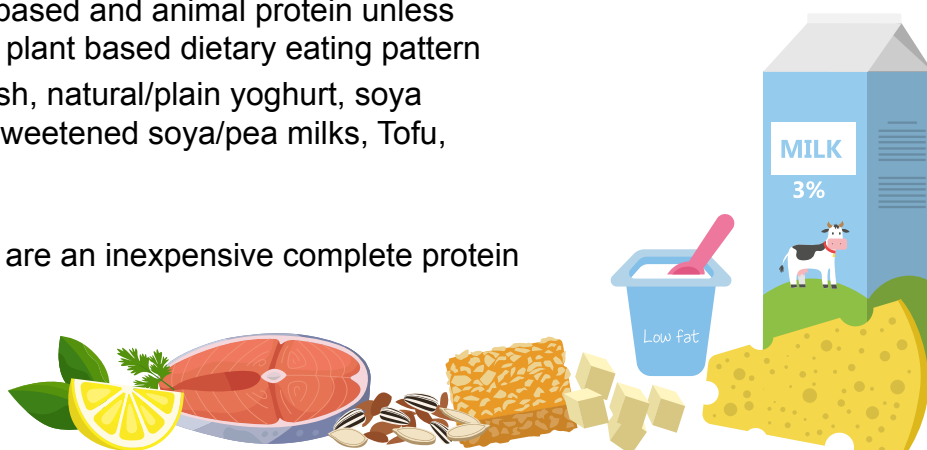


## Protein sources

- Consume a mix of plant based and animal protein unless patient chooses a wholly plant based dietary eating pattern
- Protein sources: Eggs, fish, natural/plain yoghurt, soya yoghurt, low fat milk, unsweetened soya/pea milks, Tofu, Tempeh, beans, lentils



**Tip** Rice and beans are an inexpensive complete protein



## Healthy Swaps

- Reduce salt intake tips: choose low salt stock cubes, cooking meals from scratch, adding less salt to foods, eat low amounts of foods high in salt (crisps, salted nuts etc.)
- Cutting back on saturated fats and using unsaturated fats instead could help you to lower your cholesterol, reducing your risk of heart disease. Replace butter, lard, goose fat, with an unsaturated oil like rapeseed, olive or sunflower, or spreads
- Portion sizes - fist sized portions of starchy carbohydrates (rice, pasta, potato etc.)
- Limit caffeine and reduce alcohol
- Reduce sugary snacks/swap for less sugary snacks e.g., instead of Ice cream try plain yogurt with frozen/fresh fruit, pinch cinnamon
- Have some fresh or dried fruit, or fruit canned in natural juice for dessert
- For snacks, try fresh fruit, vegetable sticks, rye crackers, oatcakes and unsalted nuts or seeds
- Be aware of hidden sugars, particularly in breakfast cereals, yoghurts and drinks - Check the label 5g per 100g (or less) of carbohydrate of which sugars is great, aiming for at least under 15g per 100g of sugars
- Ready meals can be high in salt - try to reduce takeaways and ultra-processed foods



**Tip** Add an extra handful of vegetables when cooking and try baking or grilling food instead of frying it in oil

Swap crisps for plain, unsalted popcorn



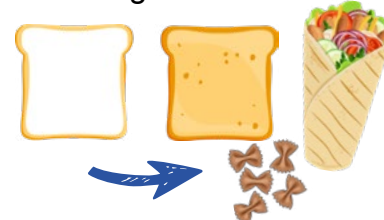
Swap ice-cream to yoghurt



Swap soft drinks to still/sparkling water



Swap white bread, rice or pasta for wholegrain



## Distraction technique to help with eating mindfully

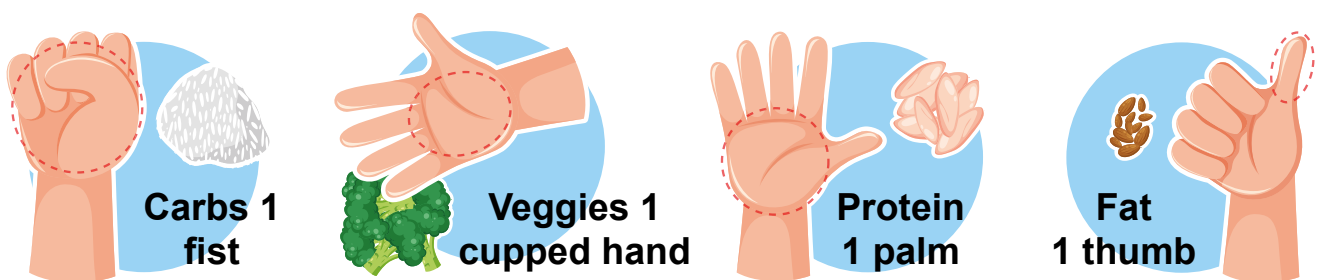
We eat for many reasons other than hunger, including boredom, to numb feelings, anxiety, pressure to please others.

When we are changing habits, it can be challenging at first, and it is not helpful to feel you are depriving yourself. If you are not hungry and want to eat something, try distracting your brain with another task, and let your mind know that if you are still having the craving for a particular food after you have done the few chosen distractions then you may do so (possibly more mindfully and intentionally).

- Write down your feelings
- Clear a messy drawer, a decluttering really helps overwhelm!
- Take a walk
- Take part in exercise appropriate for you
- Listen to a podcasts or audiobook whilst walking, or completing household chores
- Call friend/relative
- Brush your teeth
- Drink a cup of green tea
- Write a goal list/to do list or journal entry
- Do some gentle stretches
- Breathing exercises
- Attend a new class in your community - yoga, chair exercises, social session



## Building your plate



- 3 + portions of non-starchy vegetables – green veg and a range of colours (yellow, orange, red)
- 1 portion of carbohydrate – aim for wholegrain such as brown rice, wholewheat bread, pasta and potato etc.
- 1 portion of protein (palm sized) – meat, fish, tofu, tempeh, pulses, beans
- Small amounts of fat – olive, butter, spread, veg oil, avocado, nuts, cheese



### **Remember**

- Consider the patients circumstances and adapt to patient condition/preferences
- Be equipped with resource examples, visuals in your practice
- Think - affordability, how easy is it for the patient to plan, cook and what can help them (Revisit WANT and Healthy weight pathway resource)

[www.durhaminsight.info/wp-content/uploads/2023/07/Healthy-Weight-Pathway-resource-2022.pdf](http://www.durhaminsight.info/wp-content/uploads/2023/07/Healthy-Weight-Pathway-resource-2022.pdf)



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