

Appendix 2: Sample Nutritional intake

Does the client...?

Negatives

1. Consume large amounts of coffee or caffeinated beverages?
2. Consume large quantities of alcohol on a daily basis?
3. Have a high sodium diet
4. Consume large amounts of animal protein
5. Consume spinach, rhubarb, and wheat bran regularly?

Positives

6. Eat some dairy products regularly?
7. Try to eat plant-based proteins?
8. Try to get antioxidants in their diet?
9. Take moderate amounts of supplements like calcium, Vitamin D3, magnesium, or Vitamin K
10. Try to encourage the gut microbiome to stay healthy

There is no “judgement” on how the client answers the questions. It is important to impart this to your client, but also that you are their “coach” which guides and encourages them to modify nutritional practices. In general, questions 1-5 would be a negative habits or dietary practices, and 6-10 would be positive practices. Always try to give your client ideas on what to substitute. Do not be “that” health professional that only scolds a client or patient on “what” they are supposed to do and gives no guidance on “how” to correct a behavior. Of the 10 you could score each negative they DO NOT DO as a point, and each positive they DO as a point. Have them change one habit every two weeks.

Remember, eating behaviors are closely tied to emotions and when you “deprive” someone of their creature comforts, especially in a rapid fashion, you will get reaction and often a relapse. Make the transitions gradual and let the client understand the “why” of any action, and how it affects them personally.