

Guide for Initial Nutrition Counseling Appointment

Peer Nutrition Counseling



- ✓ Greeting with your name, grad student or grad senior, opening statement

For example:

I see you came in today _____ because of _____; would you like to tell me more about your concern?

Or

Is there a particular reason you came in for your appointment today?

- ✓ Check for understanding; rephrase what you understood the patient say:

For example:

A. So you are not sure you are eating correctly and would like suggestions, is that correct?

Or

B. You want to gain weight by increasing muscle mass, is that correct?

Or

C. You want to lose weight, is that correct?

- ✓ Get more information so you can assess & address the concern:

Measure ht & wt and do a 24 hr recall (time/place/food/amount) calculate BMI and interpret results; Compare recall to Food Guide Pyramid or Dietary Guidelines.

Ask if patient has tried to change eating or exercise habits in the past.

- ✓ Make 2-3 suggestions based on reason for appointment and/or your initial assessment

- Improving food intake: 5-9 servings fruits & vegetables/ 2-3 servings Ca /sources of Fe
- Eating healthy on campus/in the dorm; Drinking water – cutting back on soda
- Eating breakfast (protein & fruit); Bringing healthy food to eat on campus

- ✓ Determine Stage of Change:

Eating better/losing/gaining wt means changing a behavior, which takes time.

- I can work with you over the next few weeks and assist you as you make changes.
- Do you want to make a future appointment or get some information today and call back when you are ready?

- ✓ Sum up what patient will need to do to achieve reason for coming in and make 2-3 achievable & measurable recommendations based on stage of change.

Example:

To lose weight, be active 30-60 min. most days & eat 5-9 servings of fruits & vegetables & smaller portions of high fat & sugar foods. You will feel more energetic.

Or

To gain weight eat small amounts of high calorie nutritious foods several times during the day and begin a weight training program.

Or

To become healthy eat foods in the amounts of the Food Guide Pyramid & look for ways to be more active. In the meantime, take a multivitamin with folic acid, like Centrum (may also need a 500 mg Ca supplement) or the generic equivalent to help get the nutrients that you are not consuming in foods.