Module 2.4

Providing brief intervention for a **healthy diet** at **primary health care level**
WHAT’S INSIDE

Introduction
Learning outcome
Topics covered
Competency
Teaching and learning activities
Background information
INTRODUCTION

Consuming a healthy diet throughout life helps prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and other conditions. But the increased production, marketing and availability of processed and unhealthy food as well as rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods that are high in energy, fats, free sugars, salt/sodium, and many do not eat enough fruits, vegetables and high-fibre foods such as whole grains. Primary health care workers can play an effective role in providing personalized, clear and practical advice about a healthy diet. This module covers practical training on providing brief interventions to promote healthy diets at the primary health care level using the frameworks of the 5A’s and 5R’s.

LEARNING OUTCOMES

At the end of the module, participants will be able to do the following:

- Elicit an individual’s dietary history on a typical day.
- Provide dietary advice using the 5A’s and 5R’s to assist the patients to adopt healthier dietary practices based on eating patterns, locally available foods and their health status.

TOPICS COVERED

- Concepts of a healthy diet.
- Simplified dietary guidance to promote healthier diets.
- Food groups, food pyramid or food plate model.

COMPETENCY

- Provide brief advice using the 5A’s and 5R’s to patients/clients to adopt healthier diets based on standard recommendations.
TEACHING AND LEARNING ACTIVITIES

Total session time: 90 minutes

Activity 1. General information on food: 30 minutes

Step 1. Ask participants to briefly respond to the following questions. Write the responses on a flipchart or whiteboard.

- What constitutes a healthy diet?
- List commonly used food products that are high in salt, fat and sugar.
- What are the general dietary recommendations in context of noncommunicable diseases in your country?
- What can primary health care workers do to promote healthier diets in communities and among patients?

Step 2. Present the powerpoint slides with the following contents.

- food groups
- food guide pyramid/or food plate
- effects of diets high in salt, fat and sugar
- general recommendations for a healthy diet.

Step 3. Ask participants to fill in the table in the workbook to describe what a typical local menu would look like in their community.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Snack 1</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snack 2</td>
<td></td>
</tr>
</tbody>
</table>
Step 4. From the above typical menu, identify the unhealthy food items (high in salt, saturated fats and sugar). For each of these unhealthy food items, ask them to identify a healthy alternative that is available locally.

<table>
<thead>
<tr>
<th>Unhealthy food item</th>
<th>Healthy alternative</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**Activity 2. Using the 5A’s and 5R’s to promote a healthy diet:**

**Step 1.** Ask the participants to discuss and review the 5A’s and 5R’s brief interventions given in the workbook.

**Step 2.** Discuss if there are ambiguities in the protocol below. Inform them that they will be referring to the protocol in the subsequent activities.

**5A’s brief intervention for a healthy diet**

<table>
<thead>
<tr>
<th>5A’s</th>
<th>Fruits and vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask</td>
<td>How many portions of fruit and vegetables do you eat each day?</td>
</tr>
<tr>
<td></td>
<td>1 portion = 1 orange, apple, mango, banana, or 3 tablespoons of cooked vegetables*.</td>
</tr>
<tr>
<td></td>
<td>Provide local examples and equivalent serving sizes.</td>
</tr>
<tr>
<td></td>
<td>*Potatoes, sweet potatoes, cassava or other starchy tubers or roots do not count as one of these portions.</td>
</tr>
<tr>
<td>Advise</td>
<td>Eat at least 5 portions of fruit and vegetables per day.</td>
</tr>
<tr>
<td></td>
<td>Eat a variety of fruits, vegetables, legumes (lentils, beans), nuts and whole grains (unprocessed maize, millet, oats, wheat, brown rice), starchy tubers or roots (potato, yam, taro or cassava) and foods from animal sources (meat, fish, eggs and milk). Provide local examples.</td>
</tr>
<tr>
<td></td>
<td>Advantages:</td>
</tr>
<tr>
<td></td>
<td>• Eating a variety of these foods every day helps you to take in the right amounts of essential nutrients.</td>
</tr>
<tr>
<td></td>
<td>• Eating enough healthy food helps to avoid unhealthy foods that can lead to overweight and obesity, and diseases such as hypertension, diabetes, heart attack and stroke.</td>
</tr>
</tbody>
</table>
Providing brief intervention for healthy diet at primary health care level

<table>
<thead>
<tr>
<th>5A’s</th>
<th>Fruits and vegetables</th>
</tr>
</thead>
</table>
| **Assess** | | 1. Are you ready to make some changes to your diet in order to include more healthy food options?  
2. Do you think you will succeed in making the changes?  
| | | **Question 1** | **Yes** | **Not sure** | **No** |
| | | **Question 2** | **Yes** | **Not sure** | **No** |
|  | | Any answer in the shaded area indicates that the person is not yet ready to change. In this case effort needs to be made to increase the motivation for change.  
Answers in the white area suggest that you and the patient can move on to the next step. |
| **Assist** | Help the patient to set goals and make a plan to start introducing some changes to their eating habits. Provide practical counselling about unhealthy foods and healthier choices. For example:  
• Avoid deep fried foods.  
• Eat seasonally available fresh fruits and vegetables. Have fresh fruit available and in plain sight. Engage the patient in the conversation and allow time for them to share ideas;  
• Can you think of ways to increase the amount of fruit and vegetable you eat every day?  
• Can you think of healthier types of food that you enjoy and that you could eat instead of the less healthy option?  
Provide social support:  
• Invite the patient to bring family members to the next visit in order to discuss healthier diet options for the whole family.  
• Provide health and nutrition education materials. |
| **Arrange** | Refer to specialist support services (dietician, nutritionist) if needed and available.  
Follow-up: decide the timeline and method and schedule the next appointment. Ask about successes and challenges.  
For those of have made the planned changes to their eating habits:  
• Congratulate them on their success.  
• For those experiencing challenges:  
  — Remind them to view the process as a learning experience and that it takes time to establish new habits  
  — Review circumstances, discuss ways to address challenges and encourage recommitment to their plan.  
  — Link with more intensive support, if available.  
• Remind all patients of any additional support and resources that are available |
Questions for a 5R’s brief intervention to motivate a person for a healthy diet

<table>
<thead>
<tr>
<th>5R’s</th>
<th>What to say/do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relevance</td>
<td>What kind of effects do you think your current eating habits are having on your health and life?</td>
</tr>
</tbody>
</table>
| Risks           | What do you understand about the risks to your health due to unhealthy eating habits?  
                  | Go over the list of risks associated with unhealthy diet and ask the person if they are concerned about any of these. |
| Rewards         | Can you think of any benefits that could happen if you made some changes to your eating habits?  
                  | Go over the benefits of a healthy diet, specifically highlighting the ways in which healthier choices could address the concerns previously mentioned. |
| Roadblocks      | Have you ever tried to change your eating habits in the past?  
                  | Are there things that make it difficult to change your eating habits?  
                  | Can you think of ways to reduce these difficulties?  
                  | Acknowledge the challenges and encourage the person to think of various options to address them. |
| Repetition      | Now that we have had a chat, let’s see if you feel differently:  
                  | 1. Would you like to make changes to your eating habits to help you switch to a healthier diet?  
                  | 2. Do you think you have a chance of successfully making changes to your eating habits?  
                  | If the person remains unwilling to start making changes to their diet at this time, end the discussion in a positive way, assure them of your support and invite them to return for further discussion if they change their mind.  
                  | Provide health education materials.  
                  | At the next cardiovascular disease (CVD) follow-up visit, ask again if they feel ready to make changes to their eating habits. |

Activity 3. Role-play on delivering the brief intervention: 30 minutes

Step 1. Ask for two volunteers. The first volunteer will act as a primary health care worker and the second volunteer as a patient. Instruct the other participants to observe the session.

Step 2. Using the 5A’s, the health care worker asks questions on food consumption on a typical day. (Ensure that all the four components: fruits and vegetables, salt, fats and oils, and sugars are asked about.)

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1 HEARTS Healthy lifestyle Counselling for tobacco cessation, diet, physical activity, alcohol use and self-care to prevent cardiovascular disease. [Is this a reference to a document? If so, please give full reference and URL]
Step 3. After the ASK session, ask the participants to share the good practices and suggestions for improvement.

*Check if the health care worker addresses the below questions*

- How many portions of fruits and vegetables do you eat each day?
- Do you usually add salt or salty flavourings (e.g. stock cubes, soy sauce, fish sauce) to your food when eating or during cooking?
- Some foods contain hidden salt. How often do you eat any of the following? (provide local examples)
- What kind of fat or oil do you usually use for cooking and baking?
- Some foods contain a lot of fat or oil. How often do you eat any of the following? (provide local examples)
- Some drinks and snacks contain a lot of sugars. How often do you have any of the following? (provide local examples)

Step 4. Thank the health care worker volunteer and invite the third volunteer to come forward. Ask the patient volunteer to remain in the front for the role play.

*ADVISE PROVIDING CLEAR, FRANK AND PERSONALIZED MESSAGE*

Step 5. The third volunteer will act as a health care worker and ADVISE the patient based on the dietary history elicited in the ASK session. Instruct the other participants to observe the session.

Step 6. After the session, ask the participants to share the good practices and suggestions for improvement in the ADVISE session using the questions below:

- Was the advice clear, frank and personalized?
- List the personalized messages that were used by the health care worker to advise the patient.

Check if the health care worker advises the patient on all the four components: fruits and vegetables, salt, fats and oils, and sugars.
Step 7. Thank the third health care worker volunteer. Invite the fourth health care worker volunteer to come forward while the patient volunteer remains there for the role play.

**ASSESS READINESS TO CHANGE**

Step 8. The fourth volunteer will **ASSESS** the patient’s readiness to change and instruct the other participants to observe the session.

Step 9. Using the 5R’s, the health care worker assesses the patient’s readiness to change to a healthier diet.

“Patient expresses readiness to change to a healthier diet.”

**ASSIST AND ARRANGE**

Step 10. Using the 5A’s, the health care worker **ASSISTS** and provides practical counselling on healthier choices. (Ensure that counselling covers all the four components: fruits and vegetables, salt, fats and oils, and sugars.)

Step 11. After the session, ask the participants:

- to share the good practices observed in the ASSIST and ARRANGE sessions
- to provide suggestions for improvement in the ASSIST and ARRANGE sessions
- to set goals for dietary habits with the patient
- to assess how the health care worker encouraged the patient
- to assess how the patient’s obstacles were discussed and led to arranging a follow-up visit.

**Providing a 5R’s brief intervention to increase motivation**

Step 12. Thank the fourth volunteer and invite the fifth health care worker volunteer.

Step 13. The health care worker asks questions to assess the readiness of the patient to adopt a healthier diet.

“At this time, the patient does not show readiness to change.”
Step 14. The health care worker uses the 5R’s framework to enhance the motivation of the patient. Instruct the other participants to observe the session.

Step 15. After the session, ask the participants:
- to share the good practices observed
- to list suggestions for improvement in the 5R’s session to successfully motivate the patient.

Thank the patient volunteer and the health care worker volunteer.

Optional activity. Population-level interventions for a healthy diet

Step 1. Divide the participants into convenient groups.

Step 2. Ask the groups to discuss some of the populationwide interventions recommended to promote healthy diets.

Step 3. Distribute a few cards and ask participants to note down one population-level intervention.

Step 4. Invite the groups to post their cards on the board.

Step 5. Once all the groups have posted their responses, organize similar points under one group and summarize each cluster.

Potential messages from the group work
- regulate the marketing of unhealthy food
- regulate unhealthy food production and manufacturing
- nutritional labelling and traffic-light labelling of food
- taxation on sugar-sweetened beverages
- exclusive breastfeeding and healthy-feeding options for infants and young children
- promote healthy food as a healthy settings intervention.
BACKGROUND INFORMATION

Evidence suggests a relationship between diet and the incidence of certain NCDs. The NCDs most closely associated with dietary excess and imbalance include CVDs, diabetes, cancer and obesity. Many constituents of diet are associated with health risk, but it is their relative proportions that matter. Increased risk has been associated with a high proportion of dietary fat (particularly certain saturated fats), excess energy intake and high salt intake; reduced risk has been associated with a high intake of complex carbohydrates and dietary fibre.

There are several types of policy interventions to promote a healthy diet to reduce NCDs. These include the introduction of national nutrition policies and employ measures such as education, legislation and regulations. Such policies, however, require coordination between the health and agricultural policies, cooperation with the food industry in production and processing, selective price control and regulations. Second, dietary recommendations should be both consistent with good nutritional practices and likely to promote healthy eating to reduce chronic disease.

Third, education and public information in schools, workplaces and marketplaces can be used to advise the public on healthy dietary habits. Other opportunities include demonstrations on the selection of healthy foods and labelling to ensure that all food products carry clear information on ingredients and nutrients as per country contexts.

General recommendations

- A healthy diet helps protect against malnutrition in all its forms, as well as NCDs such as diabetes, heart disease, stroke and cancer.
- Unhealthy diet and lack of physical activity are leading global risks to health.
- Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing NCDs later in life.
- Energy intake (calories) should be in balance with energy expenditure. Evidence indicates that total fat should not exceed 30% of total energy intake to avoid unhealthy weight gain, with a shift in fat consumption away from saturated fats to unsaturated fats, and towards the elimination of industrial transfats.
- Limiting the intake of free sugars to less than 10% of total energy intake is part of a healthy diet. A further reduction to less than 5% of total energy intake is suggested for additional health benefits.
- Keeping salt intake to less than 5 g per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population.
- Use iodized salt.
Food groups (food-based pyramid)

Food groups are collections of foods with a similar amount of key nutrients. To meet the nutrient requirements essential for good health, a variety from each of the five food groups in the recommended amounts should be consumed daily. The food groups include:

- vegetable groups
- grains, beans and legumes
- fruits
- dairy (low fat for adults)
- meat, fish, eggs and other flesh foods
- water.

Food guide pyramid

The pyramid is a guideline of what to eat each day and not a rigid prescription. It helps to guide a healthy choice of food for an individual. The pyramid indicates the proportions of various food group and choices to achieve a diet that is healthy for each individual.

Additional reading resources

2. Salt reduction - key facts. 30 June 2016, World Health Organization
3. Obesity and overweight - key facts. 16 February 2018, World Health Organization
4. Promoting fruit and vegetable consumption around the world - Information sheet, World Health Organization
5. A healthy lifestyle - 12 steps to healthy eating, World Health Organization, Regional Office for Europe
6. Global Strategy on Diet, Physical Activity and Health, World Health Organization

Patient information leaflet: tips for a heart-healthy life

1. Eat right

- An unhealthy diet increases your risk of overweight and obesity, high blood pressure, heart attack, stroke, diabetes, cancer and other diseases.
- A healthy diet protects your health and helps you to live longer.
- Eat more fruits and vegetables – get your 5-a-day
  - Eat at least 5 portions of fruit and non-starchy vegetables every day.
  - 1 portion is equal to one orange, apple, mango, banana or 3 tablespoons of cooked vegetables.
  - Starchy vegetables should not be part of your 5-a-day (these include potatoes, sweet potatoes, cassava and other starchy root vegetables).
Providing brief intervention for healthy diet at primary health care level

Eat more of this...
(Pictures of non-starchy vegetables)

- Eat fewer fatty or oily foods
  - Eat less fatty meat, processed meat, fried food and baked goods.
  - When cooking, use healthier vegetable oils such as olive, sunflower, safflower, soya or corn oil, instead of animal fat or palm or coconut oil.
  - Boil, steam or bake rather than fry.
  - Remove the fatty part of meat, including chicken skin, before cooking.
  - Eat white meat (e.g. chicken) and fish, instead of red meat.
  - Use low-fat versions of milk and other dairy products.

Instead of this...
(Pictures of unhealthy high fat foods)

Eat this...
(Picture of healthier options)

- Beware of salt
  - Minimize salt when eating or cooking.
  - Limit flavourings that contain a lot of salt, e.g. soy sauce, fish sauce, bouillon or stock cubes.
  - Limit salty foods such as salty fish or meat, salty cheese, pickles, salty snacks.
  - Remember that many canned foods and bread contain salt – limit the amount you eat.

Cut down on this...
(Pictures of high salt foods)

Eat this...
(Pictures of healthier options)

- Have fewer sugary foods and sweetened drinks
  - Choose fresh fruits and raw vegetables as snacks instead of sugary snacks such as cookies, cakes, candy and chocolate.
  - Limit your intake of soft drinks or soda and other drinks that are high in sugars (e.g. fruit juices, cordials and syrups, flavoured milk and yogurt drinks) and instead drink water.
  - Reduce sugar in your tea and coffee.

Instead of this...
(Pictures of high sugar foods and drinks)

Eat this...
(Pictures of healthy options)
Providing brief intervention for healthy diet at primary health care level

Adapt the picture of the dinner plate with local examples.


Additional information

General dietary advice

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>How</th>
</tr>
</thead>
<tbody>
<tr>
<td>The intake of free sugars should be reduced throughout the life-course.</td>
<td>Consuming free sugars increases the risk of dental caries (tooth decay). Excess calories from foods and drinks high in free sugars also contribute to unhealthy weight gain, which can lead to overweight and obesity.</td>
<td>Limit the consumption of sweetened beverages, candies, sugary snacks. Substitute with fresh fruits and raw vegetables.</td>
</tr>
<tr>
<td>Advice</td>
<td>Why?</td>
<td>How</td>
</tr>
<tr>
<td>--------</td>
<td>------</td>
<td>-----</td>
</tr>
<tr>
<td>Reduce salt consumption to less than 5 g per day.</td>
<td>High salt consumption contributes to high blood pressure, which in turn increases the risk of heart diseases and stroke.</td>
<td>Minimize addition of salt, soy sauce or fish sauce during the preparation of food. Do not have salt on the table. Limit the consumption of salty snacks. Choose products with a low sodium content.</td>
</tr>
<tr>
<td>Reduce the intake of total fat to less than 30% of total energy intake.</td>
<td>Helps prevent unhealthy weight gain in the adult population. Also, the risk of developing NCDs is lowered by reducing saturated fats to less than 10% of the total energy intake, and trans fats to less than 1% of the total energy intake, and replacing both with unsaturated fats.</td>
<td>Change how you cook – remove the fatty part of meat; use vegetable oil (avoid palm and coconut oil) and not animal oil; and boil, steam or bake rather than fry. Avoid processed foods containing transfats; and limit the consumption of foods containing high amounts of saturated fats (e.g. cheese, ice cream, fatty meat).</td>
</tr>
<tr>
<td>Eat at least 400 g (equivalent of 5 servings) of fruits and vegetables per day.</td>
<td>Reduces the risk of NCDs and helps ensure an adequate daily intake of dietary fibre.</td>
<td>Always include vegetables in your meals. Eat fresh fruits and raw vegetables as snacks. Eat fresh fruits and vegetables in season. Eat a variety of fruits and vegetables.</td>
</tr>
<tr>
<td>Infants should be breastfed exclusively during the first 6 months of life. Infants should be breastfed continuously until 2 years of age and beyond. From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient-dense complementary foods. Salt and sugars should not be added to complementary foods.</td>
<td>In the first 2 years of a child’s life, optimal nutrition fosters healthy growth and improves cognitive development. It also reduces the risk of becoming overweight or obese and developing NCDs later in life.</td>
<td></td>
</tr>
<tr>
<td>Older children/schoolchildren</td>
<td>Variety from all food groups</td>
<td></td>
</tr>
</tbody>
</table>
Providing brief intervention for healthy diet at primary health care level

Activity 1: Step 2

Food groups

- Food group is collection of foods with similar amount of key nutrients.
- To meet the nutrient requirements essential for good health, a variety from each of the five food groups daily, in the recommended amounts should be consumed
- Food groups:
  - Vegetable groups
  - Grains, beans and legumes
  - Fruits
  - Dairy (low fats for adults)
  - Meat
  - Water.
**Food-guide pyramid**

The pyramid is an outline of what to eat each day and not a rigid prescription. It helps to guide a healthful choice of food for an individual. The pyramid allows a choice of variety of food from various food groups to achieve the nutrients, calories to maintain or improve one’s weight.

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**General recommendation**

- Healthy dietary practices start early in life – breastfeeding fosters healthy growth and improves cognitive development, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing NCDs later in life
- Energy intake (calories) should be in balance with energy expenditure
- Total fat should not exceed 30% of total energy intake to avoid unhealthy weight gain
- Shift fat consumption away from saturated fats to unsaturated fats and towards the elimination of industrial trans fats

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**General recommendation**

- Limiting intake of free sugars to less than 10% of total energy intake. A further reduction to less than 5% of total energy intake is suggested for additional health benefits
- Keeping salt intake to less than 5 g per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population
- Total fat should not exceed 30% of total energy intake to avoid unhealthy weight gain
- Shift fat consumption away from saturated fats to unsaturated fats and towards the elimination of industrial trans fats.
Eat a heart healthy diet

- Salt (sodium chloride): less than 5g (1 teaspoon per day)
- Fruits and vegetables: 5 servings (400-500 grams) of fruits & vegetables per day
- Fatty food
  - Limit fatty meat, diary fat and cooking oil (less than two table spoons per day)
  - Replace palm and coconut oil with olive, soya, corn, rapeseed or safflower oil
  - Replace meat with chicken (without skin)
- Fish
  - Eat fish at least 3 times per week, preferably oily fish such as tuna, mackerel, salmon.

Glycaemic index (GI)

- Glycaemic index measures the ability of a given food to raise blood sugar levels
- Benefits of low glycaemic index diet:
  - Increase fullness
  - Decrease cravings
  - Help in weight control
  - Decrease belly fat
  - Increase energy & concentration
  - Decrease acne, dandruff & facial hair
  - Good for diabetes & heart disease.

Examples of high & low glycaemic index foods

**High GI foods ...**
- Most grains
- Potatoes and starchy vegetables
- Fruit juices and sweetened beverages
- Sugars, desserts and sweets.

**Low GI foods ...**
- Whole grains: barley, oats, quinoa
- Pulses & soy
- Most vegetables & fruits
- Low fat dairy
- Nuts & seeds.
Providing brief intervention for **healthy diet** at primary health care level

**Hydrogenation of fatty acids**

- Unsaturated vegetable oil (liquid)
- Adding hydrogen under pressure
- Partially-hydrogenated fat (semi-solid)

**Some sources of trans fats**

- Biscuits, crackers
- Commercially prepared fried snacks
- Margarines

**Healthy diet**

- Low in glycaemic index
- High in phytochemicals- rich in vegetables including raw vegetables and fruits
- Adequate protein from pulses, soy, low fat dairy, lean meat, chicken, eggs, fish, nuts & seeds
- Moderate in salt & alcohol
- Low in sugar & fat
- Providing good fats and no hydrogenated fat
Healthy eating

- Variety: eat a variety of foods to get all the vitamins and minerals you need
- Moderation: follow the principle of moderation. Too much or too little of everything is bad. Control your portions
- Balance: the food you eat with physical activity
- Practice mindful eating, understand yourself and eat in context
- Eat less, eat better.

When should one eat?

- Eat 3-4 hours before you go to bed or at least 2 hours before bedtime
- Avoid large meals before sleeping. Big meals can disrupt sleep lead to discomfort and cause heart burn
- Avoid long gaps & do not skip meals, especially breakfast.
- Prefer small, frequent meals.

How should one eat?

- Food diary
- Pre-plate your food
- Half plate rule: at least half the plate should be vegetables & fruits
- Smaller bowls, plates, spoons, cups
- Slowly & take small bites
- Snack smart
- Stock healthy
- Favorite foods must be eaten.
How should one eat?

- Understand the difference between psychological & physiological hunger
- Avoid eating while watching television & mindless eating while studying
- Do not succumb to social pressures. Learn the art of saying ‘No’
- Limit sugar laden beverages, colas, sweets & desserts.
- Do not starve
- Stop eating when you are no longer hungry or when you are just 80% full.

Key points

- Eat less and eat well: low in calories and high on nutrients and phyto-chemicals
- Eat good carbohydrates, good fat, high quality proteins and fiber
- Prefer whole food diets: whole grains, fruits and vegetables. Include functional foods
- Limit processed or refined foods, sugars, preservatives, chemicals
- Avoid hydrogenated fats
- Count portions & carbohydrates more than calories.

What can you do on healthy diet at primary health care level

- Should have the necessary knowledge and skills to provide accurate information and advice on healthy food
- Be familiar with cultural and traditional determinants of eating pattern
- Tactful in persuading individuals and families to change deeply rooted eating habits including those that come from culture
- Be familiar with nutritional recommendations
- Offer practical suggestions and advice patients change to healthy diet
- Pay attention to special nutritional needs such as in children, pregnant women, adolescents.