

NUTRITION 101

SPEAKING WITH PATIENTS ABOUT NUTRITION

TRAINING PRACTICE

<p>You will be training on all of the tools/messages – which one do you want to start with? Which do you think your peers will react to?</p>	
<p>Which tool/message do you want to teach next? And then after that one?</p> <p>*You may want to write out a schedule to help you stay on track.</p>	
<p>With tool #1: How will you grab attention when you start speaking about it?</p> <p>Hint: look at the Conversation Examples in the Tool Section of your binder.</p>	
<p>What else will you say? What will you show?</p>	
<p>When get to tool #2, first check in on how it is going with tool #1 ... you might need to stay on tool #1 if people need additional help with tool #1.</p>	

Tools: Sugar-in-Soda Bottle, My Plate Planner, Portion Paper Plate, Self-Management for a Healthy Weight

Key Messages: Cut the Salt, Choose Foods with Good Fats, Choose Whole Grains, Eat More Colors – Fruits and Vegetables Matter, Don't Drink Your Calories, Taking Small Steps Can Make a Big Difference