

- Description**
- Often feeds diet low in calories or essential nutrients:
 - Such as vegan or macrobiotic diet or other very low calorie or essential nutrient diet

Assess Readiness for Change: with open ended questions

- “Tell me more about your family’s xx (i.e. macrobiotic diet), foods you eat and foods you limit?”
- “Since you follow a xx (i.e. macrobiotic diet) what foods do you plan to feed Sam (6mo old) to make sure he gets enough food for growth?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“We eat mostly fruits, vegs and grains. But no meat, dairy or fish.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Some following xx (i.e. macrobiotic diets) do eat limited beans, legumes and tofu. Which of those do you include?” • “Since you don’t eat beans, legumes or tofu, it may be difficult to get Sam enough protein as he weans. How would you feel about allowing him to have those items?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because your family follows a strict xx (i.e. macrobiotic diet). Sam may not get enough nutrients and calories, which can affect his growth and development. What substitutes do you think you are willing to make for Sam?”
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Record Plan or Goal	Does not consume legumes/tofu. Question Sam’s nutrient/caloric intake as starts solids. Weight check next appointment.	
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<p>Unsure →</p> <p>“I breastfed him and he grew fine. He should be able to eat what we eat.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “I’m glad you breastfeed. Even if your diet is low in certain areas, the body protects your milk so Sam gets what he needs. Now he is mostly eating solid foods and may be low in nutrients since on limited foods. What are your thoughts about his change to solid foods?” • “On a scale of 1-10, how willing are to make some compromises in his food choices?” 	<ul style="list-style-type: none"> • Assess restricted food groups: <ul style="list-style-type: none"> ○ Offer substitutions for missing nutrients ○ Possible vitamins/minerals deficiencies? ○ Dr aware of strict adherence? • Knowledge: macrobiotic diet based on balancing foods (Yin & Yang’s well being), avoids “toxins” in dairy, meat, oily foods; consumes grains & fruit/vegs, can lead to B12 deficiency (B12 only in animal products), some fruit/vegs are avoided, susceptible to low Ca, fatty acids and dehydration
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Record Plan or Goal	Mom not sure she wants to change food choices. Follow-up on food choices next appointment.	
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<p>Ready →</p> <p>“We include legumes. We avoid processed stuff, I want him to have healthy foods.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “Great, Sam needs iron and protein for his growth. Beans and legumes provide those. Vitamin B12 can be low when no meat, dairy or eggs are used. What supplements or fortified foods do you give Sam?” 	<ul style="list-style-type: none"> • “Some soy products and cereals are fortified with B12, but you should check the food labels to be sure. Do you know if your xx is fortified?”
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Record Plan or Goal	Mom didn’t know B12 is of concern. Will check labels. Follow-up on B12 adequacy next appointment.	
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Education Resources	<p>http://www.webmd.com/diet/features/macrobiotic-diet Resource- <i>Description Macrobiotic Diet</i></p> <p>http://www.bidmc.org/YourHealth/HolisticHealth/FoodandNutrition.aspx?ChunkID=202719 Resource- <i>food list from macrobiotic diet</i></p> <p>http://www.veganhealth.org/articles/everyvegan/ Resource- <i>Vegan and B12</i></p>
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