

- 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

- “You follow a xx (i.e. vegan diet). What food substitutions do you make to be sure Sam gets all the nutrients he needs?”
- “What areas do you think Sam’s diet might be lacking?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“We eat a variety and I give supplements.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “Variety is best. Vegan diets can meet nutrition needs when planned. Tell me more about Sam’s supplements?”</li> <li>• “How open would you be to talking about other ways to get in xx (i.e. vitamin B12)?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Sam is eligible for WIC because of his strict vegan diet. Vegan diets can provide adequate nutrition when careful; but if not, can be low in calories and nutrients. Especially since children can be picky eaters.”</li> <li>• Knowledge: spirulina (blue-green alga) often used to supply B12 but that form isn’t absorbed by humans</li> </ul>
<b>Record Plan or Goal</b>	Family uses spirulina for B12. Accepted ideas other B12 sources, though expect mom still prefers spirulina.	
<p><b>Unsure</b> →</p> <p>“He eats most anything so I haven’t had problems with what he eats. But I still give him a multivitamin.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “Great, you don’t have a picky eater! What are the main foods you serve Sam?”</li> <li>• “On a scale of 1-10, since you give a vitamin, how concerned are you that Sam’s diet is lacking something?”</li> <li>• “What kind of vitamin is Sam getting?”</li> </ul>	<ul style="list-style-type: none"> <li>• Variety to meet nutrient needs or may be low in:                             <ul style="list-style-type: none"> <li>○ Vitamin B12, Vitamin D, Calcium, Protein, Iron, Zinc &amp; Calories (to support growth)</li> <li>○ B12 only found in fortified foods, supplements and animal products</li> <li>○ Offer vegan suggestion for missing nutrients</li> <li>○ Assess dangers of herbs &amp; supplements used</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Mom not sure what is in vitamin, is over counter kids chewable. To bring label next appointment.	
<p><b>Ready</b> →</p> <p>“I became vegan recently, so I’m still learning about foods.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Tell me a little more about the changes you’ve made since you chose a vegan lifestyle?”</li> <li>• “What food groups do you still feel unsure about?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Yes, since you are substituting soy for dairy, you will want to make sure it is fortified &amp; that your tofu says calcium-set to be sure you get enough calcium.”</li> </ul>
<b>Record Plan or Goal</b>	Mom didn’t know to check for calcium set tofu. Will now check labels.	

<b>Education Resources</b>	<p><a href="http://www.vrg.org/nutshell/vegan.htm#what">http://www.vrg.org/nutshell/vegan.htm#what</a> Resource- <i>Vegan and Vegetarian Nutrition</i></p> <p><a href="http://ods.od.nih.gov/factsheets/vitaminb12.asp">http://ods.od.nih.gov/factsheets/vitaminb12.asp</a> Resource- <i>Vit B12</i></p> <p><a href="http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html#">http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html#</a> Resource- <i>Vegetarian in Kids</i></p> <p><a href="http://www.veganhealth.org/">http://www.veganhealth.org/</a> Resource- <i>Vegan ADA Practice Group</i></p> <p><a href="http://www.soybean.org/sfg.pdf">http://www.soybean.org/sfg.pdf</a> Resource- <i>Soy Food Guide</i></p> <p><a href="http://www.soyconnection.com/">http://www.soyconnection.com/</a> Resource- <i>Soy Connection</i></p> <p><a href="http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079516.htm">http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079516.htm</a> Resource- <i>Dangers of Raw Milk</i></p>
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