

# Cauvery College for Women (Autonomous)

Nationally Accredited (III Cycle) with 'A' Grade by NAAC

Annamalai Nagar, Tiruchirappalli-18.



Name of the Faculty : **B.THANUJA**

Mobile Number : 9894700414

Designation : Associate Professor

Department : Food Service Management &  
Dietetics

Programme : Bsc., Nutrition & Dietetics

Batch : 2016-2017 Onwards

Semester : VI

Course Title : **Dietetics –II**

Course Code : **16SCCND8**

Unit : V

Topics Covered : Dietary Counseling

# DIETARY COUNSELING



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**CAUVERY COLLEGE FOR WOMEN(AUTONOMOUS)**  
**TRICHY.**

# DEFINITION

Diet counseling provides individualized nutritional care for encouraging the modification of eating habits. It may also assist in prevention or treatment of nutrition related illnesses such as cardiovascular disease, cancer, obesity, diabetes, and hyperlipidemia.



## FACTORS THAT MAY BE ASSESSED DURING DIETARY COUNSELING INCLUDE:

- Medical history, including assessment of any nutrition-related illnesses, and biochemical and anthropometric measures
- Dietary assessment
- Psychosocial evaluation, including food-related attitudes and behaviors
- Sociological evaluation, including cultural practices, housing, cooking facilities, financial resources, and support of family and friends
- Nutrition knowledge
- Readiness to learn or change; as well as learning style analyses
- Current exercise and activity level

# COUNSELLING GUIDELINES

- Review medical record before counseling.
- Provide a comfortable setting - undivided attention of the counselor is essential.
- Set a time in advance.
- Counselor should introduce herself and address the patient by name.
- Listen effectively - eye to eye contact is necessary
- note feelings and tone of voice
- Interrupt only when clarification is needed
- Ask open ended questions.
- Do not express approval or disapproval till data gathering is complete.
- Avoid using medical terms and be prepared to explain.
- Set Realistic objectives.
- Prepare an individualized written dietary plan with the patient.
- Give the patient opportunity to ask questions.
- Bring the counseling session to a close. If follow up is needed set a time for next appointment.

## ETHICAL PRINCIPLES FOR COUNSELING

- **Provide accurate information** - Clients should be able to trust that counselors' words and actions are truthful and reliable.
- **Keep client information confidential** - Clients need to know that counselors will keep their information confidential except as needed for their treatment or recovery.
- **Respect clients' autonomy**- Clients have the right to make their own decisions without coercion.
- **Keep clients' interests in mind**- Advise them based on professional assessment and offer alternatives if you cannot help them.
- **Do no harm**- Avoid any interventions that could harm or exploit clients emotionally, financially, or medically.
- **Be fair**- Treat all clients fairly and without discrimination. Respect clients' rights, dignity, and individual difference.

## TIPS FOR EFFECTIVE COUNSELING

- Do more listening than talking.
- Ask open-ended questions, not just questions clients can answer with “yes” or “no.”
- Repeat what clients say to make sure you understood them correctly.
- Show interest in and empathy for clients’ problems and situations.
- Avoid judging clients.
- Listen to what clients think and respect their feelings, even if information may need correction.
- Recognize and praise what clients are doing correctly.
- Suggest actions that are possible for clients given their situations.
- Give only a little bit of information at a time.
- Use simple language.
- Give suggestions, not commands.





## **FUNDAMENTAL SKILLS OF COUNSELLING**

- Listening
- Responding
- Questioning
- Communication tools

## **COUNSELLING INVOLVES**

- Discussing
- Advising
- Teaching
- Instructing

## **DIETITIAN NEEDS TO HAVE**

- Effective communication skills
- Confidence in talking
- Knowledge on up-to-date and accurate information
- Caring and competent attitude
- Trustworthiness
- A desire to help



# THANK YOU

