




# Nutrition Coaching Skills

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## Successful Coaching

- Portion Control
- Meal Planning
- Perseverance



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Portion Sizes



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

Hippocrates




Mindless Eating, Dr. Brian Wansink



Use common household items to estimate food quantities

1 Cup =		Baseball
3/4 Cup =		Tennis Ball
1/2 Cup =		Computer Mouse
1/4 Cup =		Egg
3 Oz. =		Deck of Cards
2 Teaspoons =		Ping-Pong Ball

## Vegetables

Goal: 5 or more servings per day

1 cup salad greens	baseball or small fist
1 baked potato	small fist or computer mouse
½ cup cooked broccoli	scoop of ice cream or light bulb
½ cup serving	6 asparagus spears, 7-8 baby carrots or carrot sticks, 1 ear of corn on the cob

## Fruit

Goal: 3-5 servings per day

½ cup grapes (15 grapes)	light bulb
½ cup fresh fruit	7 cotton balls
1 medium fruit	tennis ball or small fist
¼ cup raisins	large egg

## Grains

Goal: 6 servings per day

1 oz (½ cup) cooked rice	tennis ball, ice cream scoop
1 oz pancake	compact disc (CD)
1 oz (½ cup) cooked pasta	cupcake wrapper full
1 slice of bread	audiocassette tape
1 oz (1 cup) cereal flakes	small fist

## Beans & Nuts

Beans: 2-3 servings per day  
Nuts: 1 serving per day

2 tablespoons nut butter	ping pong ball
1 tablespoon nut butter	tip of thumb
1 oz whole nuts	1 handful
½ cup cooked beans	computer mouse

## Dairy

Goal: 0 - 2 servings per week


Milk alternatives (soy, almond, etc): 1 - 2 servings per day

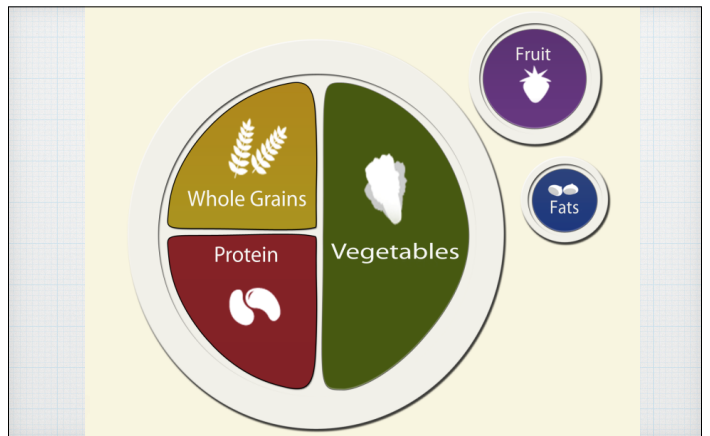
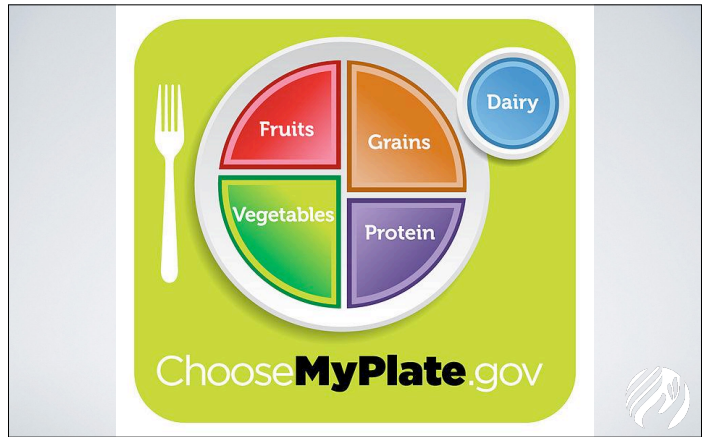
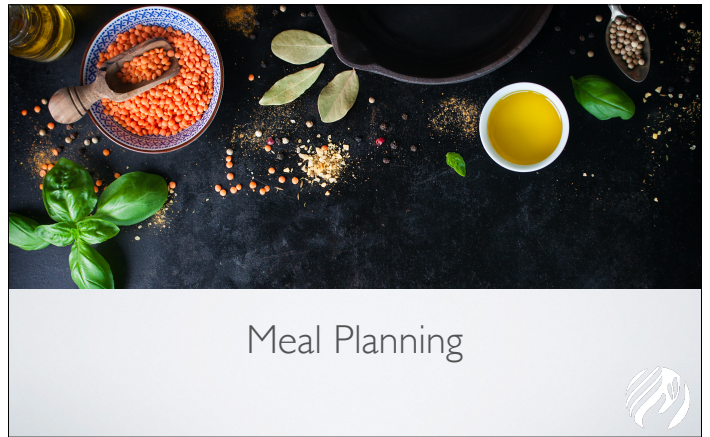
1 ½ oz natural cheese	9-volt battery or 3 dominoes
2 oz processed cheese	4 dice or thumb
8 oz (1 cup) milk	
8 oz (1 cup) yogurt	

## Fats, Oils, Sweets

Goal: 0 - 2 servings per day

1 teaspoon butter or margarine	fingertip
2 tablespoons dressing	ping pong

Meat	
0-2 servings per week	
3 oz meat, fish, poultry	palm of hand or deck of cards
3 oz grilled, baked fish	checkbook
3 oz cooked chicken	chicken leg, thigh, or breast
	





Do not have *too great a variety at a meal*; three or four dishes are a plenty. At the next meal you can have a change. The cook should tax her inventive powers to *vary the dishes* she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal.

Ellen G. White, *Review & Herald*, July 29, 1884

- Few dishes (3-4) at a single meal
- Different dishes at different meals over time

### Food Swapping

Chimichanga

Lettuce wraps with stuffed peppers

<http://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

### Food Swapping

Sausage  
Potato salad  
White roll

Avocado, Potato,  
Grilled Tofu salad  
Whole grain roll

<http://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

### Food Swapping

Barbeque  
White roll  
Fries

Grape & cashew salad  
sandwich; baby carrots

<http://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

## Food Swapping



Green bean salad  
Fried onions



Cannellini bean salad  
Whole grain bread

<http://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

## Food Swapping



Barbecue  
Fries



Pesto tofu kebabs  
Brown rice

<http://www.fruitsandveggiesmorematters.org/give-your-plate-a-makeover>

## Guiding Principles

- Include carbohydrate and protein at each meal
- Choose foods high in fiber & low in sugar
- Eat a diet low in fat, especially saturated & trans fats
- Limit sodium from canned & processed foods
- Choose a variety of colors & textures



## Perseverance



## Healthy Perspective

- Aim for moderation & balance
  - Avoid extremes
- Health is a lifestyle, not a fad
  - Consider family & culture
  - Healthy behavior must be sustainable
- "Diets" work only as long as you are on them



## Healthy Perspective

- Step-wise process
  - Gain confidence
  - Build abilities
  - Troubleshoot
- Variety is the spice of life
- Set goals & track progress



## Sample Health Goals

- Clean refrigerator and replace it with fruits and vegetables
- Skip the junk food aisle
- Start eating beans 3 days a week
- Vegetables fill at least half the plate
- Drink one glass of water every hour
- Eliminate caffeine
- Walk 15 minutes during lunch break
- Bedtime by 10 pm



## Tracking for Success

- Keep a journal
- Have an accountability partner
- Post pictures & updates online
- Don't get discouraged
- Slips are not failures
- Attitude wins friends



For You, O God, have tested us; You have refined us as silver is refined. You brought us into the net; You laid affliction on our backs. You have caused men to ride over our heads. We went through fire and through water; but You brought us out to rich fulfillment.

*Psalm 66:10-12*



The victory is not won without much earnest prayer, without the humbling of self at every step.

*Ellen G. White, Prayer, 28.2*



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