

“Change the Conversation: Utilize Culinary Skills to Educate Patients with a Food First Approach”

Webinar Questions Answered by Julie Lopez, RD

Please note that these are brief answers to complex questions and are not meant as medical advice. Please seek medical advice from your personal healthcare professional for more complete information.

- **Would you mind sharing what equipment you use for the overhead angle? I love the additional visual it provides for a cooking demo!**

See product suggestions here:

https://www.canva.com/design/DAF42bKrv-8/JuFgRfy2TWSs8-layZj9uw/edit?utm_content=DAF42bKrv-8&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

- **I am working in a bariatric program, and wondering what you suggest on how to implement? I'm not very confident working in this area.**

With nutrition counseling, adding in that food first approach conversation. Portion size is important with bariatric patients, so visuals are always a good idea.

I remember interning with a bariatric RD and we did a sampling of various protein shakes/powders to help patients see which taste they preferred.

Many bariatric programs have support groups. This is where cooking demos would be great to add. Start small with a basic recipe. Practice on colleagues if you are not confident just yet.

Happy to help with anything. Email: julie@chefjulierd.com

- **Where did you get that wooden bowl for that kale salad?**

I received that as a gift! There is no brand on it, but I found something similar:
https://www.amazon.com/dp/B08SW6BSKS?linkCode=ssc&tag=onamzjulieh04-20&creativeASIN=B08SW6BSKS&asc_item-id=amzn1.ideas.3G1AYCQJ8TKEG&ref=aip_sf_list_spv_ofs_mixed_d_asin

- **I have a lot of Latino patients. Do you have any suggestions for a diabetic patient whose typical meals are carb-heavy (ex: rice, beans, tortilla)?**

I love the “blend trend” by incorporating lower-carb or non-starchy vegetables to blend in with what the original dish/recipe was.

For rice, mix in quinoa, riced cauliflower, rice broccoli, wild rice, etc. Start with a slow transition ¼ cup

of the alternative then ¾ cup of rice to make 1 cup. Then slowly continue to half and half and then maybe even transitioning fully to the alternative.

There are some great tortillas that are out there now. There are your more traditional tortilla that offer zero net carbs or carb balance. There are even tortillas made with using egg whites, almond flour or cassava flour, higher protein, and even tortillas made using coconut meat.

Not everyone has access to these alternative products, so definitely adding in the food-first conversation of portion size and discussing what else they can ADD to their plate (high fiber, low carb) with a proper portion size of rice and beans (or whatever else).

- **Any suggestions on research-based articles on why a gluten-free and dairy free diet is not recommended for everyone? I have a client who is restricting both for her and her 2 young children "because it makes me feel better." She does not have celiac disease or a dairy allergy.**

I found this article:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5866307/>

But also, you want to meet the client where they are at. You can present the research and if they are still resistant provide nutrition education to help make sure they are meeting nutrition needs if they are going to cut out those items from their diet.

Additionally, with motivational interviewing find out why she wants her two young children to follow this dietary pattern as well. Are they complaining of certain symptoms when they eat those foods? It is too stressful for the client to cook and shop for them and their children with different dietary needs? Find out the barriers and together create a solution.

- **Any nutrition suggestions for breakfast for an older client who does not eat eggs or dairy? I've suggested beans but would love some other ideas!**

Are they looking for a higher protein breakfast without eggs or dairy? (I think this is what this question is asking based on recommending beans as an alternative)

Are they open to using dairy free alternatives?

Some ideas could be:

- Protein smoothie with plant based Orgain, fruit, veg, with almond milk (or coconut water, water)
- Oatmeal warm/cold (can mix in some plant-based protein powder to up the protein).
- Dairy free yogurt with nuts/fruit
- Veggie hash with chicken sausage
- Chia seed pudding
- Tofu scramble
- Pancakes (mix in plant-based protein powder)
- Avocado toast with smoked salmon