

# All Foods Can Fit

Understanding the Nutrition Approach of the National DPP



EMORY  
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# Facilitator



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# Objectives

## What's on our plate today?

1. Past Nutritional Approaches in the DPP curriculum
2. Nutrition Updates to the Prevent T2 Refreshed curriculum
3. Scenarios
4. Considerations & Reminders

# Previous DPP Nutritional Strategies

- DPP study curriculum followed USDA guidelines
- Nutritional guidance for weight loss focused around reduced calorie intake with a focus on total fat intake
  - AHA recommendations of 30% of calories from fat
- Nutrition guidance evolved from food pyramid to MyPlate
- Curriculum encouraged participants to identify sources of excess calories in eating patterns and reduce intake of saturated fat, total fat, and excess sugar
  - No individualized calorie goals
  - 2012 curriculum used fat gram budget strategy



# USDA Dietary Guidelines for Americans 2020-2025



Follow a healthy dietary pattern at every stage of life



Customize and enjoy nutrient-dense foods and beverages to reflect personal preferences, cultural traditions and budgetary considerations



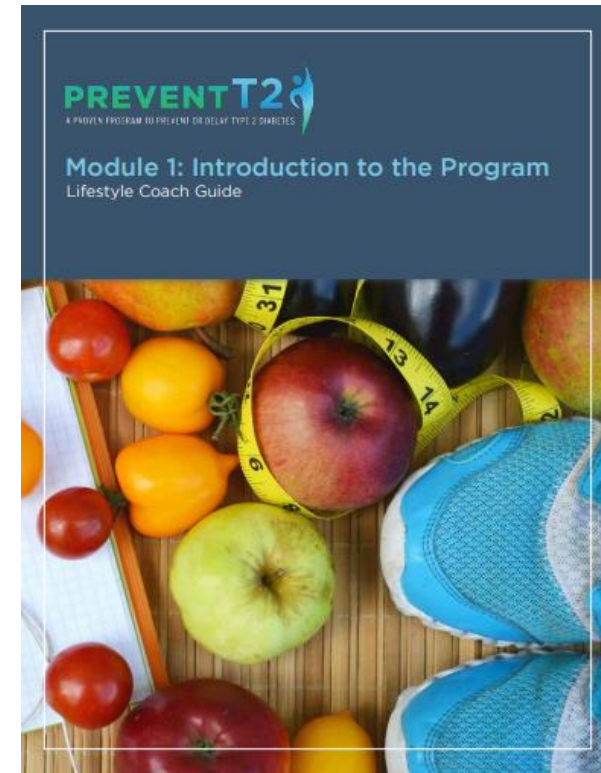
Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits



Limit foods and beverages higher in added sugars, saturated fat, and sodium and limit alcoholic beverages

# 2021 PT2 Nutrition Focused Sessions

- Eat Well To Prevent T2 (4)
- Track Your Food (5)
- Energy In Energy Out (7)
- Eating to Support Your Health Goals (8)
- Eat Well Away From Home (10)
- Managing Triggers (11)
- When Weight Loss Stalls (17)
- Shop and Cook to Prevent T2 (20)
- More About Carbs (25)



# 2021 Prevent T2 Nutrition Themes

- Focus on whole food and healthy eating patterns
- Focus more on nutrient density of food choices vs. just calorie content
- Positive tone with focus on building on participant strengths
- Focus on small changes that have big impact
- More guidance and options for food tracking
- Images and lists that reflect more realistic and relatable foods



**Whole foods**



**Building on strengths**



**Small changes**



**Tracking options**



**Imagery**

# Nutrient Dense Food Focus

- Explains and discusses processed foods
- Encourages choosing more nutrient dense forms of food when possible

“The least processed form of a food gives you the most control over the ingredients and your portions.”

-LC Guide Eat Well To Prevent T2

## Eating Well

### Understanding Processed Foods

What's the difference?



A processed food is one that's been altered from its original form.

Less Processed



More Processed

|  |  |  |  |
|--|--|--|--|
| Apple<br>   | Peeled Apple<br>  | Applesauce<br>            | Apple Juice<br>           |
| Steak<br> | Ground Beef<br> | Beef Chili in a Can<br> | Packaged Lunch Meat<br> |

5 | Eat Well To Prevent Type 2 | Participant Guide



# Focus on Nutrient Density vs. Calories

PREVENT T2



## Session Focus

Eating well can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

### You will also make a new action plan!



#### Tips:

- ✓ Use herbs, spices, lemon juice, and low-fat dressing to make veggies taste better.
- ✓ Fill up on fiber and water.
- ✓ Shop, cook, and eat healthy with friends and family.

### Key points to remember:

Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein



Participant Guide: Eat Well to Prevent T2

2

## Session Focus



Eating well can help you prevent or delay type 2 diabetes.

### In this session, we will talk about:

- How the food you eat can help prevent or delay type 2 diabetes
- Using the plate method to balance the food groups
- Processed food and its role in your eating patterns
- Building on your strengths

You will also make a new action plan!

Tips:

- ✓ Choose foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- ✓ Make small changes to adjust the amount of processed foods in your diet.
- ✓ Work toward incorporating more nutrients and fewer calories in your diet.

### Key Points to Remember:

- Use the "Diabetes Plate Method" as a guide to create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates.
- Make sure your meal has a good proportion of vegetables, not too much fat, and not too many starchy foods.
- Identify your strengths and find ways to build on them to make eating well a little easier.



1 | Eat Well To Prevent Type 2 | Participant Guide

Subtle shift in messaging to put attention *first* on nutrient density of food choices over calories.

# Small Change Focus

New curriculum focuses on small changes.

Moving from large size fast-food meal to small size.

Simple changes:

- Fries for side salad
- Soda for diet soda
- Splitting large meal with friend

Establishing healthy routines at restaurants can be tough. But you can still enjoy eating out while making healthy choices and establishing new routines.

## Dining Out—Small Steps, Big Changes



Large Fast-Food Meal

|                     | Calories         | Fat         |
|---------------------|------------------|-------------|
| Double Cheeseburger | 520 cal          | 26 g        |
| Large Fries         | 490 cal          | 20 g        |
| Large Cola          | 290 cal          | 0 g         |
| <b>Total</b>        | <b>1,300 cal</b> | <b>46 g</b> |



Regular Fast-Food Meal

|              | Calories       | Fat         |
|--------------|----------------|-------------|
| Cheeseburger | 300 cal        | 13 g        |
| Small Fries  | 220 cal        | 10 g        |
| Medium Cola  | 210 cal        | 0 g         |
| <b>Total</b> | <b>730 cal</b> | <b>23 g</b> |

Think about how the number of calories and grams of fat change when Pedro, Nancy and Barbara, and Latasha make some simple changes to their fast-food meals.

| Pedro   | Nancy and Barbara  | Latasha   |
|---|--|---|
|    |   |    |
| <ul style="list-style-type: none"><li>• Swaps out the fries for a side salad with Italian dressing</li><li>• Switches out his soda for a diet soda, then gets a refill of water</li></ul> | <ul style="list-style-type: none"><li>• Decide to split the large meal</li><li>• Each orders a child-size beverage</li></ul> | <ul style="list-style-type: none"><li>• Mixes it up by ordering takeout from a new local restaurant</li><li>• Gets a small lentil soup, a small chicken shawarma and hummus, unsweetened tea, and sparkling water</li></ul> |
| Total Calories: 620 cal<br>Total Fat: 33 g  | Total Calories: 655 cal<br>Total Fat: 22 g   | Total Calories: 662 cal<br>Total Fat: 19 g  |

3 | Eat Well Away From Home | Participant Guide

# Focus on Whole Foods – *What Does this Mean for You?*

- Re-direct participant focus from simply on calories to nutrient density/whole foods & portion sizes
- Use food tracking to reveal strengths and opportunities around whole foods vs. processed
- Provide opportunities for practice identifying nutrient dense foods
- Continue to convey that *all foods can fit* and avoid a *good food bad food* language
- Refer participants with need for individualized guidance to a Registered Dietitian or other healthcare provider
- Be mindful of participant realities



# Scenarios

## Participant

I don't understand. You're saying I can eat whatever I want and we aren't tracking calories or fat grams? How will I lose weight this way?

## Coach

We've talked about how this program is different from a "diet" and moving away from focusing just on numbers but rather learning about our eating preferences and patterns. Our tracking will help us look at where we can make small changes to our food choices, portion sizes or habits that aren't serving our goals. Studies have shown that even the act of tracking helps us be more aware of what we are eating and help us identify small changes that can have an impact on our health and our weight.

# Scenarios

## Participant

What about keto or low carb?  
Isn't that how people with diabetes eat?

## Coach

Low carb diets and keto are sometimes prescribed by physicians for people with diabetes. However, this program does not prescribe any specific diet and is not for people with diabetes, only prediabetes. You may decide to eat lower carbs if that works for you but we focus on eating more whole foods, including complex carbs. What works best for your body?

# Scenarios

## Participant

Can I eat candy or baked goods? I have a really big sweet tooth. I can't imagine it all giving up.

## Coach

Yes. Remember, we know that there will be times you eat sweet treats, particularly at birthdays, holidays, or other social gatherings. What small changes can you make and still satiate your sweet tooth?

# Scenarios

## Participant

I really need to know my calorie goal. The tracker app I'm using has suggested I eat 1,800 calories a day. That seems like a lot. I'll never reach my weight loss goal by eating that much!

## Coach

I understand your frustration and confusion. Remember that your program goals are set for long term sustainability and your body needs calories to function. Apps are not the most reliable and don't reflect your individual needs, hormones, etc. The best way to understand your calorie intake and needs for weight loss is by thorough tracking and identifying where you may make small changes. If you want more guidance around calorie goals, you may want to reach out to a dietician.

# Considerations & Reminders

- *Your own biases and experiences*
- *Taking off your expert hat as a dietician or nutritionist*
- *Not having a nutrition background*
- *Participant realities*





# Summary

- In the refreshed Prevent T2 Curriculum – All Foods CAN Fit.
- Be mindful that the program is not prescriptive or restrictive and participants are their own nutritional experts on what works best for their bodies, activity levels, abilities, cultures, and lifestyles.
- Coaches support participants but are not functioning as dieticians or nutritionists in their coach role.
- What works for some participants might not work for all and that's the beauty of offering a program focused on choice.