

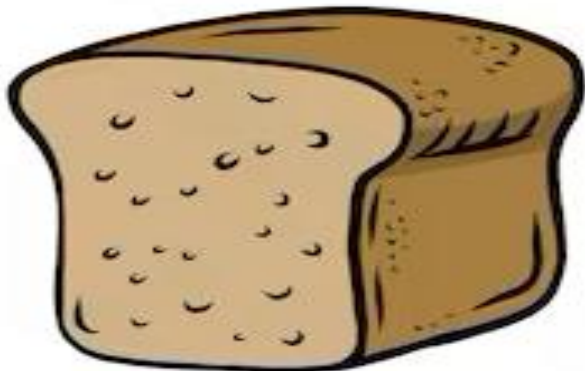
# Balanced Nutrition

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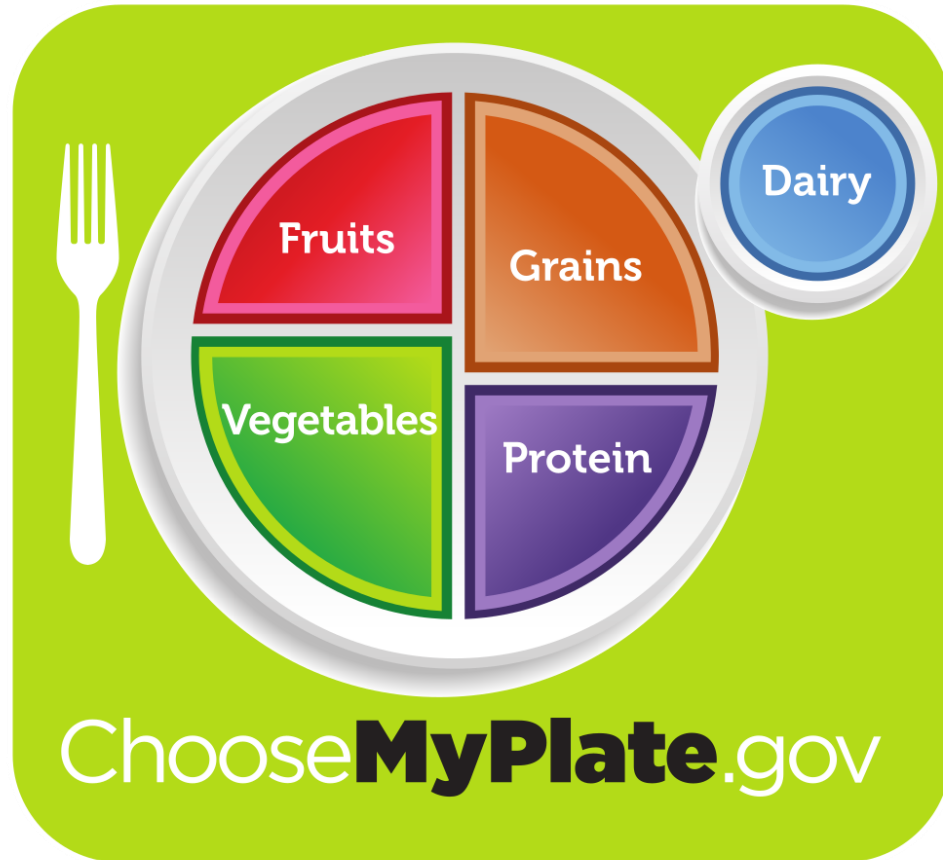
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# Learning Goals

- How to incorporate Trauma/Resiliency-Informed Care practices into nutrition counseling
- Learn strength-based methods to talk about nutrition
- Behavior change takes time
  - Your role is to provide validation and model problem solving / shared decision making techniques

# What is balanced nutrition?



- Incorporating fruits and vegetables into every meal
- Maintaining a balanced nutrition takes practice
- Trauma-informed care approach acknowledges that behavior change takes time

# Trauma / Resiliency Informed Care

- **Trauma / Resiliency-Informed Care** is a strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment
- Treat every person as though they have experienced trauma...  
*chances are they have.*
- **BUT** also recognize their strengths and skills to overcome

(p. 82, Hopper et al., 2010)



# 6 Principals of Trauma-Informed Care



- **Clinic atmosphere:** Inclusive images and language
- **Normalize the experience:** Acknowledge and share personal, relatable stories about finding your nutrition balance
- Help facilitate **shared decision-making**

# How to ask about a child's diet history

## Traditional Questions

- What did you have for breakfast, lunch, and dinner yesterday?
- In the last week, what do you usually eat for breakfast, lunch, and dinner?
- What's your favorite food?
- What's your least favorite food?

## Expanded Questions with a Trauma Informed Care Approach

- What foods bring you comfort? What foods excite your child?
- Which foods are eaten at family celebrations?
- What foods make you feel uncomfortable or avoid? What foods do not excite your child or that they refuse to eat?

# Expanded Diet History

- Does your family eat together?
- Does your child participate in meal preparation?
- Do you go to the grocery store together?
- Does your family have a daily routine?

## Food insecurity questions to the caregiver:

- Are you concerned about wasting food?
- Are you concerned about how long your food could be stored?

## Access questions:

- Do you have a grocery store where you can find diverse fruits and vegetables?

# Acknowledge Strengths in Diet History

- Acknowledge and congratulate healthy habits such as:
  - Having fruits and vegetables in diet
  - Having a family routine for meals
  - Caregivers incorporating children in food choices (grocery shopping, food preparation, etc)
- After acknowledging strengths, you can ask about areas of concern.
  - Example: “I’ve noticed that you did not mention a lot of fruits or vegetables in your diet. Is there a reason behind that? Sometimes, when you are nervous or stressed, we tend to eat foods that have a lot of sugar or fried foods. Does this happen to you? If so, let’s talk about what’s making you feel nervous or stressed right now.



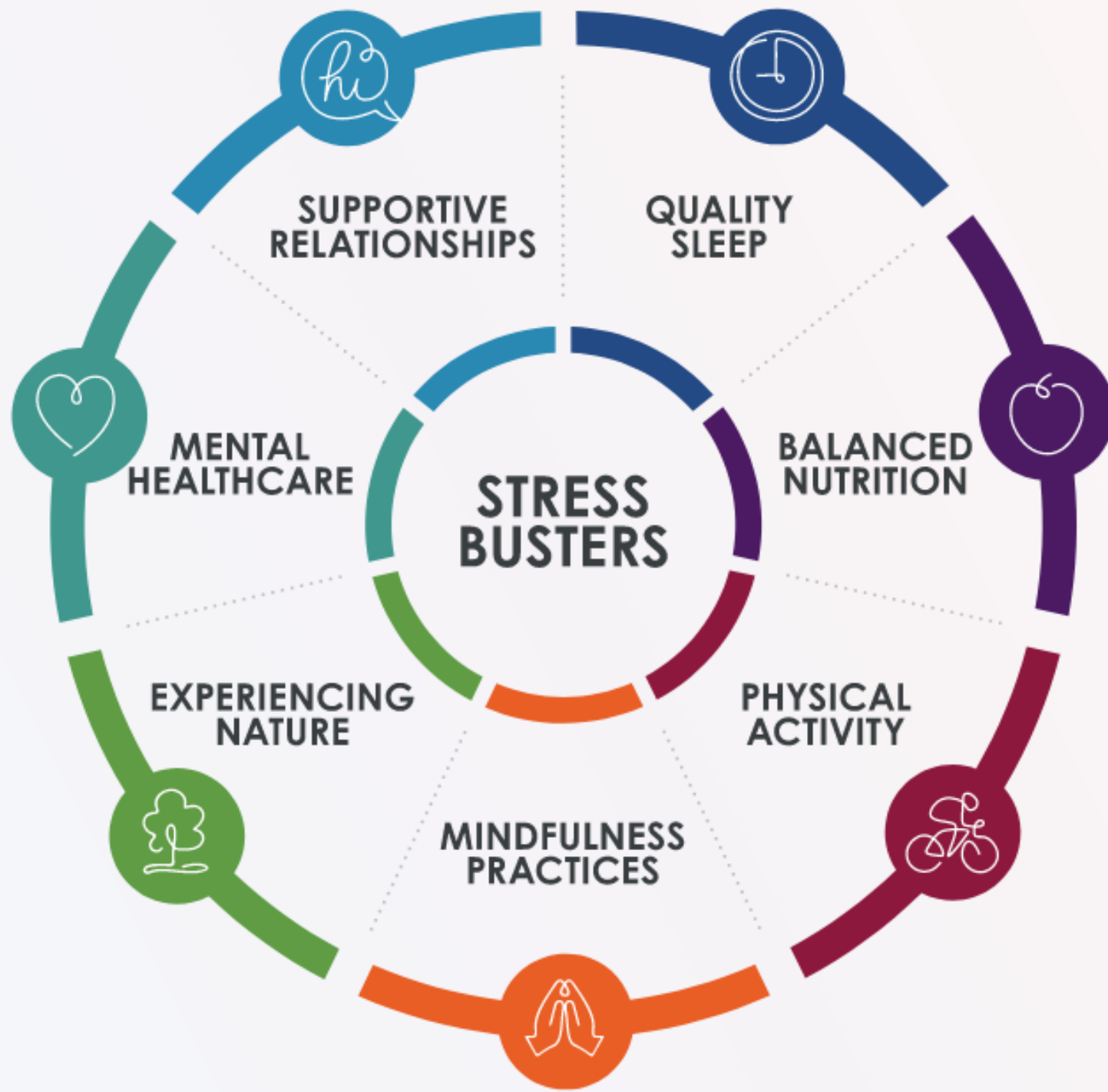
# Health Education and Motivation Techniques

## Traditional Health Education Strategies

- MyPlate
- Limiting Sugary Beverages
- Portion Control
- Diet and physical activity goal setting

## Expanded Health Education Strategies

- Mindfulness / Mindful Eating
  - Feelings check-in before and after eating sugary or fried foods
  - Using 5 senses to enjoy food while eating
- Stress Relief Diagram
  - Discuss other ways to relieve stress outside of food ([Stress Busters](#))
- Build self-confidence and body positivity with self-care goal setting
  - Ex: Positive affirmations on wall / mirror written by caregiver
  - Ex: Shifting negative self talk to positive self talk



# Behavior Change Takes Time and Practice

- Healthcare provider role is to provide reassurance, validation of current efforts, and model problem solving / shared decision making techniques
  - Reassurance / Validation Examples:
    - “The fact that you are here today, emphasizes that your health is important to you.”
    - “I, also, struggle with making healthy food choices. It’s a process that takes time and constant reminders to be mindful of it. But every small step has helped me feel better about myself and my health. I want the same for you and your family.”
  - Shared Problem Solving / Decision-Making Examples:
    - “Let’s work together on ways (child’s name) could be more involved in food preparation or decision making.”
    - “Are there ways we can work in some stress busters into your daily routine?”



DID YOU KNOW?

# Eating Healthier Can Prevent and Manage Stress

**Eating foods that provide balanced nutrition gives us energy and makes us feel good. It also helps calm our brain and body when stressful things happen in our life.**

It can be a challenge to eat healthy. When we are stressed, we might not be hungry at all, or we might crave potato chips and ice cream. It's not so simple these days to find food that is both healthy and affordable. Here are some tips for healthy eating.

## Everyday Practices

*Here are some everyday ways to eat better to help prevent and lower stress:*

- Be kind to yourself.** It may be hard at times, but every little step in the right direction makes a difference.
- Make a plan and set goals for eating healthy.**
- Start small.** Pick 1-2 strategies to start.
- Don't focus on restriction-** it can backfire, and it's hard to do long term. Instead, think about filling up with healthier food, like fruits, vegetables, beans, or nuts. Know that it's ok to have treats sometimes.





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### Everyday Practices

Here are some everyday ways to eat better to help prevent and lower stress:

- Be kind to yourself.** It may be hard at times, but every little step in the right direction makes a difference.
- Make a plan and set goals for eating healthy.**
- Start small.** Pick 1-2 strategies to start.
- Make it easy to make the healthier choice.** Avoid keeping junk foods, like high sugar drinks, chips, cookies, or cake in your home, car, or workplace.
- Eat fruits and vegetables during every meal.** On your dinner plate, how about filling half of it with fruits and vegetables?
- Bring on the healthy fats and proteins.** Beans, lentils, whole grains, olive oil, avocados, nuts, seeds, and fish are good for you.
- Eat regular meals.** Having a routine and not skipping meals will provide your body with energy evenly throughout the day.
- Don't focus on restriction-** it can backfire, and it's hard to do long term. Instead, think about filling up with healthier food, like fruits, vegetables, beans, or nuts. Know that it's ok to have treats sometimes.
- Make meals a social time.** Prepare and eat food as a family and/or with friends.
- Stay hydrated.** Drink water and avoid or cut down on soda and juices.
- Eat mindfully.** Sit down and enjoy the flavors and textures, and focus on chewing each bite. Before giving in to a craving, pause and take some breaths; ask yourself, is it what I really need at this moment?
- Shop with intention.** Spend more time shopping the perimeter (or the frozen section) of the grocery store to get whole foods – fruits, veggies, whole grains, and proteins – instead of processed foods.



It can be hard to find affordable food including fresh fruits, veggies, and protein. Some healthy and more affordable options include **frozen fruits and vegetables, and beans, lentils, and legumes are a great source of protein.** Many stores and farmers markets take food stamps. Find out more at [ACEsAware.org/ManageStress](https://www.ACEsAware.org/ManageStress) and [ecologycenter.org/fmfinder/](https://ecologycenter.org/fmfinder/).



## Sometimes We Need a Little Extra Support

When you are feeling stressed, these tips can help:

- Make it easier to choose healthier foods in stressful moments by:
  - Putting high-fat, high-sugar, and/or salty foods out of sight or in a hard-to-reach place or avoid keeping them in the house (or office, car).
  - Have healthy foods high in energy, healthy fats, protein, and vitamins easily accessible, available, and ready to eat (e.g., peanuts, bananas, and grapes).
- Practice self-compassion. If we eat the brownie, ice cream, or potato chips, that's okay. Healthy nutrition is about long-term, overall healthy dietary choices.
- Consider using an app to provide healthy meal plans and recipes. Check out MyPlate.gov for a free app.
- Practice relaxation strategies throughout the day, such as mindfulness or talking to a friend or relative. So when you are feeling stressed, you will have support to turn to (instead of going straight for unhealthy foods).
- Keep physically active during the day. Learn more about ways to get physically active at [ACEsAware.org/ManageStress](https://www.ACEsAware.org/ManageStress).



## Sometimes We Need a Lot of Extra Support

When you are going through an extra tough time, these things can help:

- Keep in mind that it's not your fault you are struggling with eating healthy. Past life experiences and current stressful experiences may be getting in your way.
- Ask a health care provider about getting extra help. They can connect you with:
  - **Community services, support groups,** and programs that can help with nutrition support
  - Advice and/or assessments for medical conditions such as diabetes
  - A **nutritionist or dietician,** if needed
  - **Mental health support** to identify healthier coping strategies rather than using unhealthy food, undereating, or overeating to cope with stress
  - **USDA National Hunger Hotline:** Call 1-866-3-HUNGRY or 1-877-8-HAMBRE or text 914-342-7744
  - **CalFresh is California's food stamps (SNAP) program:** [www.getcalfresh.org/en/apply](https://www.getcalfresh.org/en/apply)
  - **WIC:** [www.myfamily.wic.ca.gov](https://www.myfamily.wic.ca.gov)