Total Diet Approach

HOD Recorder Workbook Comments Summary

Fall 2019 House of Delegates Meeting

October 26, 2019

These are the notes that were captured during the actual delegate discussions at the HOD meeting and have not been edited.

Day 2 - Saturday, October 26
Dialogue #1: Total Diet Approach/Stance

Question 1: Should the Total Diet Approach terminology be changed?

Table 1
Yes - 6
No - 0

Table 2
Yes - 6
No - 0

Table 3
Yes - 7
No - 0

Table 4
Yes - 8
No - 0

Table 5
Yes - 7
No - 0

Table 6
Yes - 6
No - 0

Table 7
Yes - 7
Question 2: If the answer on #1 is yes, record suggested replacements for the term.

Table 1
- The survey question may have been flawed; if RDs work in dialysis for example or other careers, they simply may not use the Total Diet Approach. The wording may not have been clear, they may still think that the approach is effective although they don’t regularly recommend the approach in their practice.
- There may be a need to revisit the terminology; the mantra “all foods fit” in this day and age, not all professionals agree with this. In this field, we all need to be more sensitive to the more...
mainstream terminology that people use. We have a wide variety of cultures, so we have to be more sensitive of the language certain people use.

- The word diet should come out, and should focus more on food and nutrition. People interpret diet as being limiting. Lifestyle should be in the name. This covers the dilemma with commodities of food. We want to come from the evidence-based perspective in research. We can have this support in the large meta-analysis.
- Use the plant-based way of eating into the name, without saying “plant-based” directly. The plant-based terminology in the food industry does not always mean healthy, and the academy needs to be aware of that. The problem is that everyone is defining plant-based differently. You don’t want to make the name so broad so that everyone is interpreting it differently. People interpret the word “whole” differently. Whole foods to some people could be viewed by the consumer as eating a whole food i.e. a whole package of a packaged food (more than one serving). In the academy position paper, people don’t always interpret correctly terminology. Sometimes people are not looking at the bigger picture in changes in our world.
- Eating pattern as better than diet. Lifestyle to replace “total diet” and maybe incorporate nutrition. Healthy could be used, possibly “plant-based” to be more focused. Can used balanced, positive, variety, helping patients embrace a variety of foods and focusing on a better environment around and healthy relationship with food.
- Lifestyle approach better than diet since diet doesn’t take into account exercise component. Approach may not be well-understood by multilingual population.

- Healthy Lifestyle Through Food and Nutrition
- Healthy Nutrition with Lifestyle Choices
- Nutrition Empowerment
- Healthful Lifestyle Nutrition
- Moderation should be in content of stance/philosophy, with mind and body
- Healthful Eating and Nutrition

Table 2
- Total Lifestyle Changes- could encompass exercise; possibly takes away the eating side of it
- Eating For Health
- Eating Pattern for health- could talk about patterns of eating (Mediterranean diet, DASH diet)
- Eating for Wellness- suggestions about gut microbiome-- influenced by healthy eating and can affect mental and physical health
- Eating for Health and Wellness- brings together all consumers and all variations of health
  - Consumers are not listening to eating to prevent chronic disease
  - Well liked suggestion by group
  - Can bring together food and exercise
- Eating for health and well-being
  - concept of overall health and wellness

Table 3
- The term diet seems clinical; not for everyday use; more for chronic disease use
- Consider lifestyle, nutrition, health (i.e. total health)
- Terminology should be more inclusive; more reflective of dietitian’s role and future role
- Total Diet Approach to Health
- Not reflective of scope of practice (how is scope of practice defined; not defined by all professions in the same way among healthcare team); practitioners need to understand scope of practice - perhaps a governing body for their science such as the Academy (we assist in defining what the scope of practice is for other health practitioners)
- Nutrition versus general health practice
- Allow other practitioners in our lane, but ensure they have the training to provide counseling
- No evidence to support title; more anecdotal
- Can we separate diet from MNT;
- What are other associations/trade groups’ stance?
- We use an evidence based approach, but what does that mean to the consumer; we need to bring consumers along; end stigmas; consumers do not care about the science, not their focus or concern
- Consumers are looking for a healthy diet; want to know what they should be eating; consumers want on information on diet; find ways to add “healthy”; diet versus lifestyle approach
- The word total may not be representative
- Reputation of the Academy
- What are people searching for a diet; we (the Academy) should be their first thought
- Two messages in stance - individual/personalized versus total/consumer approach; maybe eliminate second sentence of stance
- Who is the target?
- Does a continuum warrant a total diet approach
- Cultural, ethnic diversity - is it incorporated? Is it more reflective of the American diet or way of eating? Is the messaging to new citizens that you need to follow a western diet? Should be more reflective of diversity and culture.
- Focus on the individual
- Is the stance meant to steer a consumer to a RD/LDN? What is the intent?
- Should there be more than one statement/stance? Is there more than one idea?
- What are we leaving out of the stance? Sleep? Exercise? Our scope is nutrition and its practice.
- Can we soften “diet” with “nutrition”? Lifestyle focused on nutrition. Consider lifestyle recommendations.
- Nutrition approach to healthy eating
- Academy stance - this is not the end all, be all message; Academy is not idle on this position
- Is it wise to revise this statement
- Do not want to sever diet from nutrition
- We do not want to alienate
- Stress that we (dietitians/Academy) are marketed correctly; stress that we (RD/LDN) are the experts; include in the stance
• Words to include/important to statement: nutrition; diverse; health or healthy; diet; food; lifestyle; RD/RDN/LDN; credentialed?; personalized; science/evidence (science more generic); well-being; health-span; physical activity; moderation/balance; social; emotional; wellness; choices (psycho-social)
• Titles: Nutrition approach to a healthy diet; nutrition and diet approach to a healthy diet; food?; science-based approach to food, nutrition, and well-being
• Need an outsider/marketer expert to advise Academy on wording; how do we brand this?
• Reworking stance; all inclusive
• define science/evidence-based
• link to mission and vision of the Academy
• human/ecological approach

Table 4
• concerns
  o the word “diet” is a concern, but if we change the whole name, then what are we talking about -
    ▪ public always associated this with weight loss
  o this is not holistic (mental, physical, spiritual) but if we include this, are we going out of our scope
  o make it so that people can relate & build trust with RDs & view them as nutrition EXPERTS
• words that may be better to focus on:
  o eating patterns
  o “total food approach”
  o “healthy living approach”
  o “healthful diet and lifestyle”
  o balance
  o “a balanced approach to eating”
  o food and lifestyle
• New stance title options
  o remove DIET
  o A Balanced Approach to Healthy Eating
  o Eat Well
  o Eat Right
  o work with marketing and see what appeals to consumer **

Table 5
• “Total Nutrition Approach”, lifestyle may include going out of scope, “out of our lane” i.e. physical activity. Own the nutrition message
• “Nutrient dense approach” - this can be different to different people - all food offers nutrients
Get rid of “diet” because it is misleading on its purpose
“Eating with Intention”
“Nutrition Focused Eating”
“Total Food and Nutrition Approach”
“Eating with Nutrition in Mind”

Table 6
- lifestyle
- approach
- holistic
- pattern
- personalized
- movement
- daily activity
- active lifestyle
- comprehensive
- individualized
- overall healthy lifestyle
- informed

Table 7
- Total Lifestyle Approach
- Total - syn - whole, 360, - comprehensive - complete,
- Removing Approach mainly sound engaging, removing the science but not all of it
- Broad the title - environment, sustainability,
- Diet - Nutrition instead? Food?
  - Broadens
  - Consumers don’t eat nutrition, but food
- Total Diet Approach
  - Healthy Eating for Life
  - Healthy eating throughout/for your life
  - Stance on a/Healthy Eating
  - Eating for a Healthy Life **
  - Healthy habits for life/lifetime/a way of life/everyday life/

Table 8
Everyone in the group came to the decision that the Total Diet Approach terminology needs to be adjusted. Primarily because the term “diet” can be misleading or commonly perceived as negative by consumers. Therefore, it should be replaced with a term that justifies balance, moderation, nutrient density, and living a healthy lifestyle overall. Listed below are a few of the
replacements suggested, although they were still not completely satisfied with these results and suggested potentially seeking opinions from marketing experts.

- Nutrient Dense Eating Approach
- Total Lifestyle Approach
- Nutrient Dense Approach
- Nutritional Approach
- Whole Body Approach

Table 9
- taking the word “diet” out
- Depending on the backgrounds of the eating patterns
- “diet” Depending on calculations, it will sound as a high calorie diet
- Total approach to eating
- Food forward approach
- Healthful eating approach
- The purpose of the total diet approach
- The Academy of Nutrition and Dietetics approach to eating
- The Academy of Nutrition and Dietetics approach to healthier eating
- Individualized approach to eating
- Total food approach
- Individual approach
- Eating approach
- Personal total
- Total approach to health
- Total approach to healthier eating

Table 10
- the total health approach
- the total nutrition approach
- the total lifestyle approach
- the total food approach
- the total _________ approach to a healthy lifestyle
- Mindful eating style
- Eating in a mindful manner
- The first sentence: The ACA supports the total health approach as the foundation for healthful (healthy) eating.
- The ACA supports the mindful eating as a total health approach
- Eating behavior

Table 11
- healthcare - are we focusing on our individual practice (food) or with specialists (exercise)
- interdisciplinary approach
- integration

- Dry - does not resonate with everyone
  - cultural
  - terms

- “Plant Forward” → use related terms in TDA
  - Use more common jargon instead of using towards the public may not know

- Terminology:
  - Total eating approach
  - Total lifestyle approach
  - total nutrition body positive approach
  - “celebrating” food
  - food is life
  - eating for life
  - eating is life
  - cooking and eating
  - Intuitive eating
  - body positivity
  - healthy eating approach
  - healthy behavioral approach
  - whole body approach
  - total body approach
  - nutrition
  - health behavior
  - sustainable
  - positive
  - positive food approach
  - positive eating approach
  - healthy choices
  - science- based
  - enjoyment and health
  - eating for enjoyment and health
  - inclusive
  - joyful eating

- Michael Pollan: eat food, not too much, mostly plants.
  - Simple straight forward makes you interested

- “Diet”
  - do we think it needs to be removed:
    - YES - it has become a verb, we know “diets” don’t work why are we recommending a “diet”
Table 12
- total lifestyle
- eat for health
- all foods fit
- Indulge your body, eat for health
- total food approach
- whole food approach
- all food approach
- quantitative
- healthy food approach
- eating for health*

Table 13
- Total Lifestyle Approach

Table 14
- Do not like the term “diet” in the approach
- Table like the idea of the term, there are pieces of it that work but some of it needs changing.
- It makes sense to health professionals and dietitians but how do we gear it towards the consumer? Make it more inclusive, culturally and preference-wise.
- Acknowledgement that there are different groups which create various dietary needs within these groups.
- Who is actually the healthy population, since rates of obesity and overweight are high?
- The term is very limiting (either for or against it), instead the term could be healthful/healthy eating, flexible eating. It should be broader.
- Add the word lifestyle, capture culture and community which is currently missing
- Incorporate sleep, stress level, who lives with you, who cooks and shops for food, and all other factors that go into being healthy
- Add the word nutrition into it, i.e. nutrient-dense.
- Moving forward, should change term to be more relevant to what people are using, i.e. nutritional genomics
- Term: personalized, individualized eating approach as part of a healthful lifestyle

Table 15
- Does it need a name? It’s a philosophy that doesn’t necessarily need to be labeled, not a program. A label may be too restrictive.
  - The Stance Formerly Known As the Total Diet Approach ;)

Table 16
- Total lifestyle approach
- Eating patterns
- Eating habits
- Eating: limit to food
- Wellness: all areas - healthy eating, exercise, sleep, stress, smoking, social aspect of eating, satiety, mindful eating - eating is supported by other lifestyles
- Nutrition well-being
- *Healthy nutrition approach (Table’s final terminology)
- Balance nutrition approach

**Question 3: Is the stance written in clear or plain language?**

**Table 1**
Yes - 0
No – 6

**Table 2**
Yes - 0
No – 6

**Table 3**
Yes - 0
No - 7

**Table 4**
Yes - 0
No - 8

**Table 5**
Yes – 1
No - 6

**Table 6**
Yes – 0
No - 6

**Table 7**
No -7

**Table 8**
No - 8

**Table 9**
No - 6
Table 10
Yes - The AND supports a total health approach in which healthful eating plays a central role. This
approach focuses on a mindful eating experience, the overall pattern of food and beverages a person
consumes, and physical activity as part of a healthful lifestyle. A registered dietitian nutritionist is the
best source of science-based advice for choosing an eating pattern that is personalized for each
individual.

Table 11
Yes – 1
No - 6

Table 12
No - 6

Table 13
No - 7

Table 14
Yes - 0
No - 7

Table 15
Yes - 0
No - 7

Table 16
Yes - 2 (word is clear and plain but the question is confusing)
No - 4

Question 4: If the answer is no on #3, please suggested revised stances. Record all revised stances from the table.

Table 1
• Supports the healthy lifestyle through food and nutrition. Focused on food selection and
preparation and physical activity to support optimal health of mind and body (doesn’t like the
last sentence, too self-admiring).
• Supports ___ as the foundation for a healthy lifestyle. Combined with positive mind and body
practices. An RDN is the best source of science-based advice for providing nutritional guidance
for different needs of the population.
• Combines a variety of nutrient dense foods with movement, and positive mind body connection.
• Promotes (rather than supports, taking a stronger stance) the ____ as the basis (rather than
foundation) for healthful eating. This focus is (rather than approach) ... (like what others said
here). An RDN is the expert to consult on science-based advice for improving (or assuring, or
guidance on) (rather than choosing) a lifestyle eating pattern that is personalized for each
individual’s wellbeing.
• Supports the healthy lifestyle choices to include diverse nutrients achieved by predominantly unprocessed fruits, vegetables, and whole grains. This focus is the overall pattern of foods a person consumes daily with appropriate portions, meal planning, and physical activity. Engaging in mindful meals... An RDN is a trained healthcare professional in science-based evidence in medical nutrition.

• Promotes (rather than supports) a Healthy Eating Pattern and Lifestyle. An eating pattern represents an overall pattern of foods and beverages consumed.

• A registered dietitian nutritionist is an expert to consult on

*Bolded words above well-liked by delegates.*

Table 2

- Healthful → Healthy
  1. Want to make sure those will all educational levels understand it

- The Academy of Nutrition and Dietetics Supports the eating for health and wellness approach as the foundation for a healthy lifestyle. (sentence 1)

- Want to get rid of in moderation—saying it the same thing in different ways
  1. Opinion: portion sizes suggest moderation
  2. Moderation applies to certain food groups
  3. does not describe what dietitians suggest moderation in for the consumers
  4. Need to be qualified what we want them to focus on
  5. Moderation also refers to the variety of the foods
  6. Those who want to get rid of moderation: 5
  7. Those who do not want to get rid of moderation: 1

- Put something in my adding: “as suggested on the food label...”

- Adding something in about the food patterns such as DASH and Mediterranean
  1. Add them into the last sentence
  2. expand on the term “eating pattern”

- “Examples of healthy eating patterns include the DASH and Mediterranean diets....”

- Personalized is the Key

- Diversity and variety-- using the terms “dietary diversity”
  1. diversity is not well known to consumers
  2. variety is more well known
  3. to shift the stance, using diversity is a possibility

- “This approach focuses on the overall pattern of foods a person consumes over time with high dietary diversity, appropriate portion sizes and physical activity.”

- “This approach focuses on the overall pattern of variety of foods a person consumes over time...”

- “This approach focuses on the overall pattern of foods a person consumes over time combined with a variety of foods, appropriate portion sizes, and physical activity”

- “...an overall meal pattern a person consumes over time...”

- “including a variety of foods, appropriate portion sizes, and physical activity

- “This approach focuses on the overall meal pattern a person consumes over time including a variety of foods, appropriate portion sizes, and physical activity.”

- focuses on an overall meal pattern a person consumes over time combined with a variety, appropriate portion sizes, and physical activity

- using meal pattern takes away snack and beverages
• “This approach focuses on the overall eating pattern a person consumes...”
• “this approach focuses on an overall pattern of food a person consumes over time combined with appropriate portion sizes and physical activity
• “... combined with a variety of foods, appropriate portion sizes, and physical activity”
• “This approach focuses on the overall pattern of foods a person consumes over time combined with variety, appropriate portion sizes, and physical activity.”
• “The approach focuses on the overall pattern of foods a person consumes over time includes a variety....”
• “…that includes...”
• “This approach focuses on the overall pattern of food a person consumes over time that includes variety, appropriate portion size, and physical activity.”
• “This approach focuses on the overall pattern of food a person consumes over time that variety, appropriate portion sizes...”
• “…… including variety, appropriate portion sizes and combined with physical activity.”
• “This approach focuses on an overall eating pattern a person consumes over time that includes variety and appropriate portion sizes. Combined with physical activity and overall...”
• “This approach focuses on an overall pattern of food a person consumes over time that includes variety and appropriate portion sizes combined with physical activity.” (sentence 2)
• Want to keep the third sentence as is
• Something to watch: the AMA(American Medical Association) announced the approval of three distinct codes for Health and Well-Being Coaching- This Category III code goes into effect January 2020
  i. could affect how we change the name of the terminology of the Total Diet Approach

Table 3
• combined answers for questions 1 and 2 under question 1 as per table facilitator
• reverse order of lines

Table 4
• issues
  i. words to remove
    1. foundation
    2. consumers don’t understand food patterns and portion sizes
    3. moderation is too vague
  ii. the words don’t appeal to the general population (looks boring, not appealing or not consumer friendly)
  iii. reading level is too high
• captures more holistic words (different factors to eating)
  i. attitudes, beliefs, culture
  ii. wellbeing
  iii. mindfulness
  iv. personalized
  v. positive relationship with food
• inclusiveness is important
• food is more than nutrition
  i. food is medicine, social, cultural, taste, goals (growth, disease reversal, treatment)

Table 5
• Deter from the word “diet”
• Push for the message that people are individualized in needs - not push for “plant focused” and look for something more encompassing.
• moderation, variety, etc. is ambiguous and confusing (in the second sentence, this is where “plant based on focused” would be appropriate to mention here if necessary)
• Focus on simple
• Fine tune what approach focuses on- just overall pattern over time; no portion, no moderation - this is creating ambiguity and the dietitian is there to help with this.
• the anti-diet culture and intuitive eating culture will still be included in this stance

Table 6
First sentence:
• The Academy of Nutrition and Dietetics supports...An “individualized comprehensive” approach. Side Note: Can individualized and comprehensive be misconstrued or misinterpreted in anyway?
• The Academy of Nutrition and Dietetics supports...A “comprehensive individualized” approach. Note: The wording is not as clear in this order.
• *The Academy of Nutrition and Dietetics supports an individualized “and” comprehensive approach

Second Sentence
• The pattern of eating, active lifestyle, and environment? Note: Do we include “environment” or can it be included under an umbrella term so that the sentence can be more succinct.
• Everyone has a pattern of eating foods in moderation Note: Everyone might not have a specific pattern of eating or schedule to how they eat every day.
• *to “promote” an overall healthy lifestyle. Note: stronger stance on the position. A possible con is that it may sound gimmicky or come off with an agenda. In this context, “promote” does not. Lifestyle accounts for DGA’s physical activity component and helps us remain in our scope.
• to “support” an overall healthy lifestyle. Note: Possible word alternative.
• to “encourage” an overall healthy lifestyle Note: comes off as softer wording.
Third Sentence

- Registered Dietitian Nutritionist or Nutrition Dietetic Technician Registered is the best source of science-based “advice.” **Note:** juxta-position between science-based and advice
- Registered Dietitian Nutritionist or Nutrition Dietetic Technician Registered is the best source of science-based “approach.”
- Registered Dietitian Nutritionist or Nutrition Dietetic Technician Registered is the “best” **Note:** are we “the source?”
- *is the best source for science-based food and nutrition guidance. **Note:** supports the idea of best option but may come off as boastful
- Is “proven” source for science-based food and nutrition guidance **Note:** may disregard future studies and scientific support. We are experts but do not know 100% everything yet.

### Table 7

- who is the audience (professionals or consumer) - com is main
- what it means (“total diet approach”
- More concise in wording
  - i. total lifestyle approach - piece of the puzzle
- Confusion in consumers - speak their language
- Broad in choices (presidies, conventional fruit/veg) not just “organic” sustainability/waste
- statement not being the edgy part
- Consumers are at all levels (social media, etc.) #1 source
- Define the acad, organization that supports food and nutrition professionals and represents credential pro
  - i. Made up of RDN/DTRs
- Eat good food up front instead - plant forward,
- Eating good food is supported
- takeout food patterns - **choices** instead
- Environmentally sound - health and environmental minded (community minded)
- Positive choices
- moving more - active,
- person not individual
- RD is the best advice for choosing food for each person. - Fits best for each person, best meet your needs.
- choosing foods that best meet your needs or individual needs

### Table 8

All participants collaborated as a group in order to develop a final revised stance that was supported by each member. Everyone at the table agreed that the proposed stance was unclear and needed improvement. Listed below are the suggested revisions provided by participants, which were utilized to determine the overall final stance.

- Everyone agreed that some of the terminology used in this stance could be misinterpreted by consumers therefore it is important to project a clear stance to everyone in order to be effective.
Avoid using the word “diet”, “dietary”, or “eating plan” due to negative connotations.
Stance should be more concise, firm, and less repetitive.
Replace “healthful eating” with “healthy lifestyle” since physical activity and eating behaviors are mentioned as part of the TDA overall stance.
Respect for diversity and culture should be incorporated. (Individual Preferences?)
Replace science based advice with evidence based strategies/research instead.
Potentially include both NDTRs and RDNS.
Incorporate “healthy lifestyle” activities and overall optimal nutrition.
Promote healthy eating and lifestyle for longevity.
Since exercise is now included in the stance it should be incorporated somehow into term but not as major subject. Table agreed that using “Healthy Lifestyle” is a better term to represent this.
Healthy lifestyle includes nutrition, physical activity, healthy behaviors, sleep, etc.
Moderation could be perceived differently by each individual.
Use the term “Client Focused” to represent personalized, customized, or individualized.

Table 9
- Keep: A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.
- Physical activity change it to movement
- Making it more individualize
- No mention portion sizes
- To promote well-being.
- This approach focuses on the overall pattern of foods a person consumes, overtime, and combine with physical activity for overall well-being.
- This approach combines
- unique patterns

Table 10
No comments

Table 11
- Include exercise, behavioral change
- STANCE: what it conveys is GOOD (i.e. message and intent), but needs to be reworded and updated in order to be more compelling
  - prevent guilt → “remove guilt and judgement”
    - no shaming towards public
    - no judgement by RDNs towards public
  - Body size
    - health over size, health at any size
    - may think weight doesn’t matter, even when obese
    - health measured by what’s internal not on the scale
  - Positive message about eating
    - eating = happiness and enjoyment; life
  - Most constituents were okay with the TDA
    - needs words to resonate with the consumer
Need second approach for the consumer?
- guidelines are difficult to follow:
  - include “nutrient-dense” foods in TDA and this should be emphasized
  - include Plants in TDA (vegetables etc.)

Table 12
- The Academy of Nutrition and Dietetics supports Eating for Health. This approach focuses on the overall variety and amount of foods a person consumes over time, emphasizing fruits, vegetables, whole grains, and proteins, combined with a healthy lifestyle. The registered dietitian nutritionist is the best source of science-based nutrition information.

Table 13
Discussion in determining final stance:
- Nutritious eating instead of healthful eating. Healthful eating is saying it will promote health when it might not do so for the population as a whole.
- Optimal wellness, do we even need eating? It is not just about food since we are proposing a lifestyle.
  - wellness is aligning with lifestyle, however it may cause controversy
  - the public might take this differently than those in the field
  - Final decision: optimal Health - might be the best accepted to the general public
- Add “nutrient rich” to emphasis foods with nutritious value
- Many people do not understand what dietary patterns are, but the word diet is not always well understood as well.
- This approach focuses on: we are putting the focus on the most health promoting foods, but we need to include the foods that are able to be eaten in moderation
- Adding beverages emphasizes the fact that we need to be drinking milk more so than sodas and sugary drinks
- Appropriate: it magnifies the fact that portion sizes will be different for everyone, but might have a negative connotation
  - balanced: allows a person to individualize more accurately and in a balanced way
- there needs to be some emphasis on the fact that physical activity that it can be enjoyable
- other health promoting behaviors: including sleep and other factors other than just diet and exercise.
- changing to lifestyle brings in the need to include culture and the fact that this is a very individualized need when it comes to food.
- Looking at the consumers the total diet approach is for a healthy population and the population is not healthy, so we need to be more specific and give them more clarifications.

The Academy of Nutrition and Dietetics supports the total lifestyle approach as the foundation for optimal health. This approach emphasizes on the overall pattern of nutrient rich foods and beverages a person consumes over time in balanced portions, combined with enjoyable, regular physical activity and
other health promoting behaviors. A registered dietitian nutritionist is the best source of science-based guidance for choosing an eating plan that is personalized for each individual’s needs and culture.

Table 14

- Table likes the component: personalized, individualized
- Table does not like the word appropriate or moderation in the stance- these are not specific and people may not know what they mean
- Condense the stance down, include all lifestyle components- healthy eating, physical activity, sleep, etc. personalized for each individual
- Consumes should be changed to eats
- Stance needs to be friendlier and emphasize that everyone has choices in what they eat
- Include the word culture to include more eating patterns, begin this conversation of making eating more inclusive. Honor the culture instead of making it seem like an RDN is “putting it on someone”
- Change the word moderation, because this is broad, but it means something different to different consumers.
- Replace overall pattern with eating habits
- Include enjoyable, eating habits
- Healthful eating instead of eating plan
- Note that dietitian is partner
- Proposed addition: supports individualized approach grounded in/familiar with someone’s culture

Revised statements
- The Academy of Nutrition and Dietetics supports a personal/individual eating approach as part of a healthful lifestyle.
- The Academy of Nutrition and Dietetics supports [total diet approach] for personalized and culturally insightful, healthful eating.
- The RDN [and NDTR] are your partners for designing an enjoyable, healthful lifestyle.
- The Academy of Nutrition and Dietetics supports an individualized nutrition approach as the foundation for healthful eating.
- The Academy of Nutrition and Dietetics supports individualized nutrition as the foundation for healthful eating. The registered dietitian nutritionist [and NDTR] are your trusted partners for designing an enjoyable, balanced lifestyle.

Table 15

- The Academy of Nutrition and Dietetics supports a lifestyle/health approach as the foundation for healthful living. This approach focuses on the overall pattern and variety of foods a person consumes over time combined with reasonable portion sizes, sleep, stress, and physical activity. A registered dietitian nutritionist is the trusted source for choosing a plan personalized for each individual and incorporates a variety of cultures and eating approaches/preferences.
- The AND supports personalized nutrition for your lifestyle. It focuses on a variety of nutrient-rich foods for your lifestyle habits like physical activity, sleep, food preferences and intolerances and genetics. Ask a Registered Dietitian for realistic and trusted advice.
The Academy of Nutrition and Dietetics supports the lifestyle approach as the foundation for healthful eating. This approach focuses on the overall pattern of foods a person consumes over time combined with reasonable portion sizes, sleep, stress, and physical activity. When seeking to personalize your lifestyle for healthy eating, meet with a dietitian to figure out how to optimize your habits.

“Eat your way to better health.” Lead with audience (not AND), “learn the foundation for your healthful eating,” “This is your life/a day in your life,” “eat what you love,” “nutrition coach/expert,” “ask your dietitian how- no judgment zone”

“The AND supports the stance that there is no “one size fits all” diet, “meet you where you’re at”

“There is no one perfect diet,” “Eat your way to better health,” “Ask your dietitian how,” “no judgment zone”

The AND supports a focus on healthful lifestyle that combines an overall pattern of moderation and variety with foods we eat. You may need to add or remove certain food types to help maintain your healthy lifestyle. RDNs are the trusted source to eat your way to better health.

Table 16

Sentence 1

- AND supports a healthy nutrition approach, which focuses on
  i. consuming a variety of food eaten/food patterns/an overall pattern over time/optional food choices,
  ii. mindful eating/choices,
  iii. cooking more often and involving others,
  iv. exploring/embracing/acknowledging/recognizing cultural and food traditions,
  v. enjoying the social aspects of food and eating/engages social part of eating/social activities/enjoying meals together,

Sentence 2

- A registered dietitian nutritionist (RDN) is the best (educated) source to/for
  i. advice/help you choose your eating pattern/personalized food/select a personalized eating over time/provide personalized/individualized nutrition advice/provide personalized nutrition
  ii. empower and engage individuals/support/encourage prevention and well-being
Total Diet Approach
HOD Recorder Workbook Comments Summary
Fall 2019 House of Delegates Meeting
October 26, 2019

Day 2 - Saturday, October 26
Final Stance

Table 1
The Academy of Nutrition and Dietetics promotes Whole Body Nutrition as the foundation for healthy eating. This stance focuses on the overall pattern of foods and beverages, combined with physical activity, to support optimal health of mind and body. A registered dietitian nutritionist is an expert providing science-based advice that is personalized for each individual's wellbeing.

Table 2
Proposed title: Eating for Health and Wellness Approach
“The Academy of Nutrition and Dietetics Supports the eating for health and wellness approach as the foundation for a healthy lifestyle. This approach focuses on an overall pattern of food a person consumes over time that includes variety and appropriate portion sizes combined with physical activity. A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.”

Table 3
Food & Nutrition Approaches to Well-being: A registered dietitian nutritionist is the best source of science-based food and nutrition advice that is personalized. The Academy of Nutrition and Dietetics supports/promotes that the foundation of a healthy lifestyle that includes a balanced diet with diverse food choices and physical activity.

Table 4
Sentence 1
The Academy of Nutrition and Dietetics supports balanced eating as the foundation of a healthy lifestyle and planet.

Sentence 2.
Nutrition and the role of food includes
● a variety of enjoyable foods
● cultural and social beliefs
● physical and mental wellbeing

Sentence 3
A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.
Table 5
The AND supports “health focused eating” as the foundation for a healthy lifestyle. This approach focuses on the overall pattern of foods a person eats over time, combined with appropriate portion sizes and physical activity. A registered dietitian nutritionist is the food and nutrition expert who can help individuals choose a personalized nutrition plan based on science.

Table 6
The Academy of Nutrition and Dietetics supports an individualized and comprehensive approach to promote an overall healthy lifestyle. A Registered Dietitian Nutritionist or Nutrition Dietetic Technician, Registered is the best source for science-based food and nutrition guidance.

Table 7
Eating Healthy For Life includes making choices that focus on your wellbeing and community. Positive food choices combined with being more active are shown to support a healthy lifestyle. A registered dietitian nutritionist is the best source of advice for choosing foods that best meet your needs.

Table 8
The Academy of Nutrition and Dietetics supports a nutrient dense eating approach as the foundation for a healthy lifestyle. The registered dietitian nutritionist is the best source of culturally appropriate, client focused, evidence-based strategies for healthy eating.

Table 9
Food forward approach
The Academy of Nutrition and Dietetics supports the food forward approach as the foundation for healthful eating. This approach combines patterns of foods consumed, overtime, with physical activity for overall well-being.
A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that forwards individual’s health needs.

Table 10
No comments

Table 11
The Academy of Nutrition and Dietetics supports the Positive Eating Approach as the foundation for a healthy lifestyle. It emphasizes and celebrates the enjoyment of eating nutrient-dense foods. This approach focuses on the overall quality of foods a person eats over time, in moderation, combined with appropriate portion sizes and physical activity. A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.

Table 12
- Eating for Health
- The Academy of Nutrition and Dietetics supports Eating for Health. This approach focuses on the overall variety and amount of foods a person consumes over time, emphasizing fruits, vegetables, whole grains, and proteins, combined with a healthy
lifestyle. The registered dietitian nutritionist is the best source of science-based nutrition information.

**Table 13**
The Academy of Nutrition and Dietetics supports the total lifestyle approach as the foundation for optimal health. This approach emphasizes on the overall pattern of nutrient rich foods and beverages a person consumes over time in balanced portions, combined with enjoyable, regular physical activity and other health promoting behaviors. A registered dietitian nutritionist is the best source of science-based guidance for choosing an eating plan that is personalized for each individual’s needs and culture.

**Table 14**
The stance should be simplified and condensed for the consumer to understand. All RDNs know what we do but it is important to clarify this for the average consumer.
The final proposed stance from the table is:
The Academy of Nutrition and Dietetics supports individualized nutrition as the foundation for healthful eating. The registered dietitian nutritionist [and NDTR] are your trusted partners for designing an enjoyable, balanced lifestyle.

**Table 15**
The AND supports a focus on a thriving lifestyle that combines a variety of flavorful and healthy foods you want to eat. You may need to add or remove certain food types to help maintain your healthy lifestyle. RDNs are the trusted source to eat your way to better health.

**Table 16**
AND supports a nutrition approach, which focuses on
- the variety of healthy foods,
- mindful eating,
- planning and preparing meals,
- cooking more often,
- recognizing culture traditions,
- enjoying meals together.
A registered dietitian nutritionist is the best source to provide personalized nutrition advice that supports well-being.
At the end of the stance, we recommended another sentence discussing habits that support a healthy lifestyle, such as sleep, physical activity, etc. Table does not have time to wordsmith. We really like the Canada’s food guide and we recommend to review it. [https://food-guide.canada.ca/en/](https://food-guide.canada.ca/en/)
Total Diet Approach
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Table #: 19

Day 2: Saturday, October 26

Dialogue #1: Total Diet Approach/Stance

1. Should the Total Diet Approach terminology be changed?
   (Tally from table)
   Yes - 6
   No - 0

2. If the answer on #1 is yes, record suggested replacements for the term.
   Whole Eating Approach
   Healthy (tier) Eating Approach

Who is target audience?
"healthy-ish" Americans? + other

our target further

we're not supportive of Total Lifestyle Approach because we aren't experts on: sleep, stress mgmt, exercise
Proposed Stance
The Academy of Nutrition and Dietetics supports the Total Diet Approach as the foundation for healthful eating. This approach focuses on the overall pattern of foods a person consumes over time, in moderation, combined with appropriate portion sizes and physical activity. A registered dietitian nutritionist is the best source of science-based advice for choosing an eating plan that is personalized for each individual.

3. Is the stance written in clear or plain language?
   (Tally from table)
   Yes - 
   No - 
   
   we think it's possibly limiting due to targeting only P.A.

4. If the answer is no on #3, please suggested revised stances. Record all revised stances from the table.
   
   The Academy of N&D supports the Healthy Eating Approach as the foundation for well-being. A RD/N is the best source of science-based advice for choosing an eating approach that is personalized for each individual.
Auditor

**REPORT-OUT Dialogue #1**: (up to 90 seconds) Report the table's final stance.

Final Stance: