

Appendix 3: Life! course Information for Dietician

Thank you for assisting with facilitation of the Life! *Taking Action on Diabetes* course.

- This information is designed to familiarise you with the Life! program, and guide you in assisting with delivery of session 2. The facilitator will give you a copy of the participant workbook where you will see that prior to session 2, participants should have completed a fat and fibre barometer and 3 day food and physical activity diary and have an understanding.
- In session 2, participants are working towards setting short-term healthy eating goals and this is where your expertise is required. Please read the participant workbook carefully and discuss any queries with the Life! facilitator who is facilitating the course.
- Please find attached a copy of the session overview, the outline of topics and timings and instructions.
- It is expected that you facilitate activities in this session and that you contact the facilitator if you have queries related to the activities.
- You are also asked to please to bring to the session resource materials suitable for a short small group activity on label reading.

Guide to conducting the label reading session

The following is a guide on how to conduct the label reading session within the limited time frame. However, if you have a preferred way of conducting the activities, feel free to do so.

Aim: To enable course participants who are at high risk of diabetes how to read labels and make healthy food choices.

The focus of this session is to help participants make food choices that will enable them to help reduce their risk of developing type 2 diabetes.

The focus for nutrients is therefore:

- Total fat
- Saturated fat
- Fibre
- Salt
- Energy
- Label reading

Go through the label reading information in session 2 of the participant workbook with the participants.

Briefly discuss:

- Ingredient list (ie lists ingredients in order of amounts present from greatest to smallest)
- Nutrition panel. Explain that this provides information that can help make better food choices. Explain that using the 100g column is a useful standard to compare products. Discuss the nutrients that participants need to focus on.

2. Healthy shopping card

- Introduce the healthy shopping card as a helpful tool when buying food products to help make healthy food choices. Discuss how participants can use it by comparing what is recommended on the card with the nutrition panel on the food label. Please note that the guidelines on the healthy shopping card are in line with those that Diabetes Australia - Vic (DA-VIC) use and promote in their supermarket tours.
- With regards to fat, the recommendation for snack foods, biscuits, bakery products etc is < 5g of total fat per 100g; or 5-10g of total fat per 100g; provided that saturated fat is < 1/3 of this amount. This is not written on the card due to lack of space and will need to be discussed with the group.
- You may be asked about guidelines for sugar. There are no formal guidelines on this, but as a general rule it is advised to aim for foods that have no more than 15g/100gm sugar. Higher levels are ok if from natural sources.

3. Activity

- Conduct an activity which gives participants exposure to reading labels and the chance to practice determining which foods are healthier choices.
- As an example bring in various food packages, both 'healthy' choices and 'unhealthy' choices. These could be labels from breakfast cereals, biscuits, chips, soups, cheeses, crumbed fish etc.
- Participants can work in pairs and choose two products. Ask them to look at the nutritional panel of the products and compare this to the guidelines on the shopping card.
- Go around and assist any pair that look like they may be requiring help.

Note: as time is limited they will only have 4-5 minutes to do this activity.

When finished, ask them to discuss their findings with the group. Discuss whether the products met the guidelines (or not) and why. Also discuss which products they would select based on their findings.

4. Discussion

Finish up with a brief discussion which may include:

- The concept of 'fresh is best'
- Using the shopping list as a guide when shopping until they are more familiar and confident making choices
- People with co-morbidities may benefit from seeing a dietician individually

If participants want any further information on label reading discuss the supermarket tours run by DA-Vic.

Further information available on DA-Vic's website: www.diabetesvic.org.au

Facilitators: to copy the above AND session 2 overview, outline of topics, timings and instructions and give to the dietitian prior to the session

The above information is also available on Life! website under facilitator resources as 'Life! information for dietitians'