Table 3

Small sustainable changes to diet and eating behaviour

Help the patient identify an area they can change

- high-sugar drinks
- portion size
- high-fat food choice
- >3 meals/day
- snacks

Consider the approach

- cutting out snacks/unhealthy choices
- substituting unhealthy choices with healthier choices
- decreasing portion size

Behavioural strategies

- set achievable goals – e.g. one change every few months
- explore with the patient why certain dietary factors are important to change
- discuss why these may be difficult
- discuss coping strategies for times of temptation – e.g. food substitution
- encourage self-monitoring of eating behaviour