

LIVING WELL ON A SPECIAL DIET:
The RDN's Role in Advocating for Access to Safe Foods

Moderator:
Sheri Kasper, RDN, LDN

Panelists:
Harriet Diamond, CEO & Co-Founder, Foodicine Health, Inc
Kate Scarlata, RDN, LDN, Digestive Health Expert and Author
Sarah Ballou, PhD, Research Fellow, Division of Gastroenterology at BIDMC
Rebecca Noren, MS, RDN, Culinary Marketing Manager, Ming East West



Empowering & Educating

Harriet Diamond
CEO/Founder, Foodicine Health




Who we are



Foodicine Health is a non-profit, entirely run by volunteers, focused on:

- educating the **public** about the importance of adhering to the specific special meal programs that treat various chronic illnesses and food allergies
- educating **restaurants, schools, airports, etc.** about the importance of accommodating individuals who must follow a special diet



What we do.

- Educational Events and Videos
- Resources and Tools
- Cooking Demos
- Partnerships




"Yes, You Can Eat!" Educational Cooking Series






Chef Frank McClelland, L'Espalier Chef Jason Bond, Bondir

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Following a Special Diet Away From Home

Kate Scarlata, RDN
Digestive Health Expert & Author
For a Digestive Peace of Mind, LLC



Disclosers:

- Low FODMAP handouts for sale on my site
- FODY foods advisor

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Tips for Eating Away From Home

- Always. Always. Carry a snack or two or three!
- Call hotel concierge compile restaurant options in the area
- Check menu options online to assess for possible options!
- Call local restaurants in advance during non-busy hours
- Stay at an airbnb with kitchen option or if at hotel, request mini-fridge
- Pack non-perishables: oat packs, peanut butter, rice crackers, suitable granola bars, mini packets of almond butter, 88 Acres bars, seed butters, rice cakes

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GF, Low FODMAP, Allergy Free



Low FODMAP



Allergy Free



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Low FODMAP & GF Tips Away from Home


Breakfast
Omelets, GF oats, gluten free toast with nut butter, fruit cup, hard boiled egg, 88 Acres dark chocolate & sea salt bar

Lunch
Salad with suitable dressing, burger w/o bun, GF margarita-style pizza

Dinner
Grilled fish, meat, beef, plain rice/baked potato, French fries*, salad, sautéed* green beans, zucchini, carrots, or lunch options above

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FODMAP GRAB + GO PASS



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Low FODMAP resources: APPS + ONline

- katescarlata.com
- FODMAP US Grocery Guide Kate Scarlata
- Monash U. Low FODMAP app
- FODMAP friendly low FODMAP app



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GF RESTAURANT CARD
in 63 languages for global travel!



Spanish Gluten Free Restaurant Card



Tengo una enfermedad que se llama celiacía y necesito seguir una dieta rigurosa libre de gluten.

Como consecuencia me podría poner muy enfermo en el caso de que comiera alimentos que contuvieran harinas o granos de trigo, centeno, cebada y avena.



available on celiatravel.com

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Gluten Free Apps

Findme GF  **TriumphDining** 

Allergy Friendly Apps

Allergy Eats!  **Spokin**  **Spoon Guru** 

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Be Prepared.

- Always expect the unexpected.
 - Delayed or cancelled flight. Stuck on the tarmac.
- Ask for help.
 - Most restaurants want to help. If something is NOT on menu, ask anyway.
- Advocate for yourself!
 - Do not be embarrassed or feel you are being needy. Your health is at risk and by advocating for change for yourself...you may in fact, help the next person behind you.

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Psychological and behavioral considerations for patients following special diets

Sarah Ballou, Ph.D.
Licensed Clinical Psychologist
Division of Gastroenterology, BIDMC



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A Patients' Perspective

"I come from a big family where food is a primary focus of our social and religious gatherings. We all come together around enjoying and preparing certain dishes as a family.

When I started to follow this diet, I felt like I had lost something that was a major part of me. Food became something to worry over, not something to enjoy. I think I transitioned from 'living to eat' to 'eating to live'. Even though my symptoms have improved with the diet, I wasn't prepared for this to feel like such a loss."



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The social and emotional toll of following a special diet.

- Eating is deeply connected with social, emotional, and cultural meaning.
- Changing any behavior is difficult, but changing socially and emotionally meaningful behaviors is especially difficult!
- Anticipating and problem-solving these difficulties in advance can help patients be successful and can help to maintain quality of life while adjusting to these changes

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Talking with patients – helping patients to succeed in behavior change

- Provide necessary information
- Ask and normalize
- Be specific
- Plan ahead
- Assess motivation
- Empathize



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Ask and Normalize:


Use open-ended questions:
 “Many patients find that changing their diet can be a pretty big adjustment. How do you think it will be for you?”

Versus: closed-ended questions:
 “OK, that’s all the information I have for you. It’s not so bad, right?”

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Be Specific

“What, specifically, do you imagine will be the hardest part about making this change?”



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Plan Ahead

Help patients to think through specific plans for anticipated problems. It’s much easier to plan for this now than in the moment!

Emotion focused:
What can you do when you start to feel frustrated? Anything you can remind yourself of when you feel this way? What have you done in the past when you’ve felt this way?

Problem focused
*Are there things you can do to make this less frustrating?
 Can we plan some ways to explain this to restaurant workers
 Why don’t we discuss some “safe” or “go-to” meals that most restaurants will offer.
 Let’s think ahead about different levels of disclosure about the diet
 Let’s discuss ways to handle social pressure or specific individuals who might not understand or respect your dietary needs*


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Assess Motivation & Readiness to Change

“How motivated do you feel to follow this diet?” “What are the pros and cons of changing your diet?”

If motivation is low, behavior change is unlikely to succeed
 Remember: motivation comes from the patient, not the provider.
 Trying to persuade a patient to be motivated could backfire!

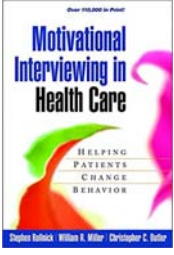
Readiness Ruler



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Summary


- Ask patients about their concerns – especially emotionally and socially
- Be specific about what they are most worried about – anticipate problems ahead of time
- Help patients to think through possible solutions to anticipated problems
- Assess motivation to make dietary changes – pros and cons. Resist the urge to “motivate” patients to change (this can backfire!!).
- Be empathic – validate and express understanding of their concerns



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Navigating Special Diets At Restaurants

Rebecca Noren, MS, RD
Culinary Marketing Manager
Ming East West



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Food Allergies what you need to know

Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens



Always let the guest make their own informed decision.
When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Reiterate** the food allergy concern to the chef, manager, or person in charge.
- **Reconfirm** the food allergy with the guest and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Remain** in the guest and inform them of your findings.

Sources of Cross Contact:

- Cooking oils, splatter and steam from cooking foods.
- When any of the below come into contact with food allergens, all must be washed thoroughly to hot, soapy water:
- All utensils (spoons, knives, spatulas, tongs, etc.), cutting boards, toasters and other gear.
- Sheet pans, pots, pans and **DO NOT FORGET FRYERS AND GRILLS.**

If a guest has an allergic reaction, notify management and call 911.



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MASTER RECIPE

Dish Name: Shiitake and Leek Spring Rolls with Three Chile Dipping Sauce

Contains the Following Common Food Allergens
Check & Highlight All That Apply

| | | | |
|------------------------------------|---|--|---|
| <input type="checkbox"/> Peanuts | <input checked="" type="checkbox"/> Soy | <input type="checkbox"/> Dairy | <input checked="" type="checkbox"/> Shellfish |
| <input type="checkbox"/> Tree Nuts | <input checked="" type="checkbox"/> Wheat | <input checked="" type="checkbox"/> Eggs | <input type="checkbox"/> Fish |

INGREDIENTS - List all below, including spices and oils
* = PROCESSED INGREDIENT (See alpha index in back for complete list of components)

| | | |
|--------------------------|--------------------|-----------------------------|
| Spring Roll | Dipping Sauce | Shallot Pommary Vinaigrette |
| Wheat wrapper * | Soy sauce* (wheat) | Shallots |
| Hotish sauce * | Rice wine vinegar* | Panama Mustard * |
| Cabbage | Thai Bird Chile | Rice Wine Vinegar* |
| Leeks | Serrano Chile | Canola Oil |
| Ginger | Japanese Chile | Soy Sauce* (wheat) |
| Garlic | | Salt & Pepper |
| Shiitake mushrooms | | Sugar |
| Dried shiitake mushrooms | | |
| Mung bean noodles* | | |
| Salt & Pepper | | |
| Eggs | | |
| Canola Oil | | |
| Cilantro | | |

WASH HANDS! AVOID CROSS CONTAMINATION BETWEEN:

| | | |
|------------------|-----------------|--------------|
| Cutting boards | Gloves | Hand mixers |
| Bovis | Pots & pans | Cooking oils |
| Containers | Slicers | Fryers |
| Hotid pans | Food processors | Grills |
| Knives | Blenders | |
| Cooking utensils | Mixers | |

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MASTER RECIPE

Dish Name: Duck Confit Fried Rice

Contains the Following Common Food Allergens
Check & Highlight All That Apply

| | | | |
|------------------------------------|---|---|---|
| <input type="checkbox"/> Peanuts | <input checked="" type="checkbox"/> Soy | <input checked="" type="checkbox"/> Dairy | <input checked="" type="checkbox"/> Shellfish |
| <input type="checkbox"/> Tree Nuts | <input checked="" type="checkbox"/> Wheat | <input checked="" type="checkbox"/> Eggs | <input type="checkbox"/> Fish |

INGREDIENTS - List all below, including spices and oils
* = PROCESSED INGREDIENT (See alpha index in back for complete list of components)

| | | |
|-------------|-------------------|-------------|
| Fried Rice: | Red Roast Duck | NO Egg: |
| Brown Rice | Shallot | Shrimp |
| Red Rice | Garlic | Scallion |
| White Rice | Red Wine | Lapchong |
| Onion | Ginger | Andouille |
| Garlic | Duck Soy* (Wheat) | Chile Flake |
| Ginger | Rack Candy* | Duck Egg |
| Carrot | Thai Birds | Butter |
| Celery | | |
| Celery Root | | |
| Cilantro | | |
| Lemon | | |

WASH HANDS! AVOID CROSS CONTAMINATION BETWEEN:

| | | |
|------------------|-----------------|--------------|
| Cutting boards | Gloves | Hand mixers |
| Bovis | Pots & pans | Cooking oils |
| Containers | Slicers | Fryers |
| Hotid pans | Food processors | Grills |
| Knives | Blenders | |
| Cooking utensils | Mixers | |

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How can you get involved?

Volunteer your time!

Tell your patients and colleagues about Foodicine Health

Share your favorite special diet apps, ideas and resources with us!

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THANK YOU!

To learn more and get involved, visit www.foodicinehealth.org

Please follow us!
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