

# Using the “Check your dietary habits” sheets

## 1) What are the “Check your dietary habits” sheets?

The LiSM10! program incorporates health behavioral theory and health education theory, and it is intended to help participants improve their self-management skills and determination to modify dietary habits.

Therefore, the program uses assessments of dietary behavior, goal setting, and self-monitoring techniques to facilitate self-evaluation and determination, and it also works to strengthen independence with respect to nutrition.

The “Check your dietary habits” sheets are a tool that assists the self-evaluation of food intake frequency and determination. This important tool is a key element of dietary support in the LiSM10! program.

## 2) What comprises the “Check your dietary habits” sheets

“Check your dietary habits” sheets allow the participants to reply in five steps over one week concerning their intake frequency and average intake over the past month of foods recommended for consumption (the positive group (Group A)) and those recommended for decreased consumption (the negative group (Group B)) in order to help prevent or reduce lifestyle-related diseases.

The positive items' group consists of five items: green and deep yellow vegetables, light-colored vegetables, fish, soybean products, and mushrooms, seaweed, and konjac. The negative items' group consists of three carbohydrate items, four fats and oils, cholesterol, two salts, and alcohol (11 in all).

Evaluation of the self-check sheets consists of assigning points (1, 2, 3, 4, or 5) to the answer, and then separately calculating the scores for groups A and B. In this way, it is possible to calculate the total points by group.

## 3) The benefits of counseling using “Check your dietary habits” sheets:

- Participants will be able to visually assess the results in order to see the weak points of their dietary habits. Using this method, the counselor can allow the participant to efficiently understand his or her eating habits in a limited period of time.
- The counselor can provide specific advice about which food groups should be chosen as the participants' targets after the assessment of participants' health checkup results.
- During goal-setting counseling, the participants should select only one or two items for their action plans, in order to reduce any sense of being overwhelmed during implementation.

## 4) Points to remember while using the “Check your dietary habits” sheets

- The details of the self-reported food intake frequency questionnaire do not reflect 100% of overall food intake frequency. Therefore, it is necessary to confirm the items on the questionnaire

during face-to-face counseling. Because self-evaluation and development of internal determination are crucial, the counselor should not emphasize the results obtained from this sheet.

- Each recommended item on the “Check your dietary habits” sheets has been chosen because it helps to prevent or reduce the occurrence of lifestyle-related diseases. However, for high LDL-cholesterolemia and high blood pressure, these items are not always effective. In addition, when uric acid levels are high, medical attention is required, because positive item foods (foods in this list designated as needing increased intake) may in this case have negative effects.

- The “Check your dietary habits” sheets are intended to be educational and to encourage participants to understand and think about which positive items should be added and which negative items should be removed from their regular diet. In addition, it is expected that the action plan of changing just one or two items will have a positive effect on the diet as a whole, even if the selected items are not consumed daily. Therefore, the counselor should take into account the change in the participants’ entire diet resulting from the increase or decrease in one or two food items. The counselor is also expected to help the participants to select reasonable targets that are not overly burdensome.

- The LiSM10! program aims to enhance participants’ motivation and self-management abilities. Therefore, it does not matter if the participant has recorded a daily item that is not related to an established goal. Additionally, it should be recognized that even participants who do not maintain thorough records may be experiencing behavior change.