

TRANSITION GUIDE TO

Nutrition Counseling and Education Skills

A Practical Guide

EIGHTH EDITION

Judith A. Beto, PhD, RDN, LDN, FAND

Betsy B. Holli, PhD

**Nutrition Educators of Dietetic Practitioners (NDEP)
from Academy of Nutrition and Dietetics (AND)**

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This transition guide serves to outline the chapter and content updates in ***Nutrition Counseling and Education Skills: A Practical Guide, Eighth Edition***.

OUTSTANDING FEATURES

- Features an **innovative author collaboration model** where each chapter was written and reviewed by experienced practitioners and educators from Nutrition Educators of Dietetic Practitioners (NDEP) at Academy of Nutrition and Dietetics (AND).
- Offers **enhanced case studies and hands-on activities** that allow students to put concepts into practice and relate specifically to real world situations RDNs will face.
- Provides a **more inclusive emphasis**, with cultural- and gender-diverse examples throughout.
- Provides a focus on the dietary patterns of people vs. simply concentrating on BMI.
- Meets **the newest ACEND accreditation standards**, covering CP, DI, and DPD requirements for ACEND accredited programs.
- Demonstrates the **shift to online/hybrid modes of education and counseling**, exploring telehealth, digital presentation tools, social media, and more.
- Provides **four new videos that help demonstrate nutrition interviewing and counseling** and encourage role play (in Navigate Advantage). Note: these videos are not posted to YouTube.
- Includes the **latest USDA Dietary Guideline for Americans 2020-2025** and data throughout and provides the Australian and Canadian Dietary Guidelines within the digital Appendices in Navigate.

REVISION UPDATES

Chapter 1 Expanding Scope of Nutrition Practice

Coverage of Comprehensive Nutrition Care Process language.

Chapter 3 Interviewing

More specific and focused coverage of patient interviews and obtaining relevant clinical information that is needed as part of a nutrition assessment in the nutrition care process.

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Chapter 4 Integrating Cultural Awareness, Humility, and Respect in Communication

Wholly revised content and format to include to date terminology and resources surrounding the cultural awareness, humility, and respect in communication.

Chapter 5 Stages and Processes of Health Behavior Change

Multiple new examples of patient-led counseling, including specific conversational examples to help guide students in learning and observation patient-led counseling through the stages of change process.

Chapter 7 Counseling for Behavior Modification

Techniques for behavior modification, case analysis, application of behavior modification in various disease processes.

Chapter 8 Counseling for Cognitive Change

More accessible approach that takes difficult, complicated theories and describes them in ways which are easy to understand and applied. New examples of cognitive distortions are included as well as helpful tools for clients (See Table 8-1 and 8-2 for examples).

Chapter 9 Counseling Through the Life Span

Updated content that is more relevant to a diverse population. Expanded section on adults and older adults.

Chapter 11 Planning Learning

Refined section on performance objectives.

Chapter 12 Implementing and Evaluating Learning

Updated/expanded explanation of formative evaluation. Emphasis on active learning and simulation learning.

Chapter 13 Delivering Oral Presentations

Strategies for overcoming public speaking fears. Presentation tips for cooking demonstrations and for mastering virtual, in-person, and hybrid presentations.

Chapter 14 Using Instructional Media

Updated to reflect the advances and options available in instructional media, including Universal Design for Learning, digital technology, interactive white boards, infographics, synchronous and asynchronous learning, multimedia, social media, and more.

STUDENT DIGITAL RESOURCES

- eBook
- PowerPoint Chapter Review Slides
- Four new Videos demonstrating nutrition interviewing and counseling
- 8 digital Appendices in Navigate:
- Best Practices in Nutrition Education for Low-Income Adults
- Body Mass Index Table
- Developing & Assessing Nutrition Education Handouts (DANEH) Checklist
- Dietary Guidelines for Americans 2020 - 2025
- Summary Tables: Dietary Reference Intakes
- Read the Food Label
- Start Simple with MyPlate
- Tips for Eating Out
- Australian Dietary Guidelines
- Canada's Dietary Guidelines for Health Professionals and Policy Makers

INSTRUCTOR RESOURCES

- Slides in PowerPoint format
- Instructor Manual
- 200-question Test bank in Microsoft Word, compatible with popular LMS formats
- Supplemental Forms

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CHAPTER OUTLINE

This chapter outline will help you easily transition to the *Eighth Edition*. Changes are denoted in **red**.



SEVENTH EDITION

SECTION 1 Communication Skills

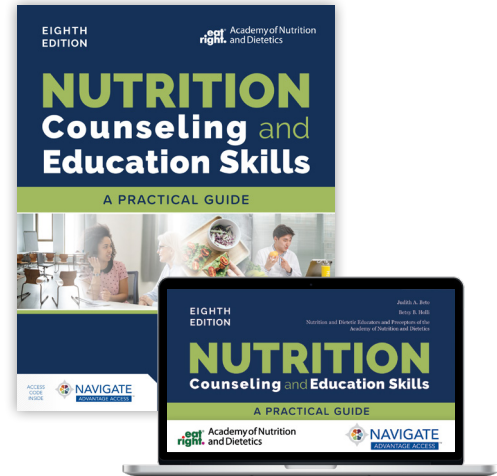
- CHAPTER 1 Expanding Scope of Nutrition Practice
- CHAPTER 2 Communication
- CHAPTER 3 Interviewing
- CHAPTER 4 Communication and Cultural Competence

SECTION 2 Counseling for Health Behavior Change

- CHAPTER 5 Stages and Processes of Health Behavior Change
- CHAPTER 6 Person-Centered Counseling
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SECTION 3 Education Skills

- CHAPTER 10 Principles and Theories of Learning
- CHAPTER 11 Planning Learning
- CHAPTER 12 Implementing and Evaluating Learning
- CHAPTER 13 Delivering Oral Presentations
- CHAPTER 14 Using Instructional Media
- CHAPTER 15 Facilitating Group Learning



EIGHTH EDITION

SECTION 1 COMMUNICATION SKILLS

- CHAPTER 1 Expanding Scope of Nutrition Practice
- CHAPTER 2 Communication
- CHAPTER 3 Interviewing
- CHAPTER 4 Integrating Cultural Awareness, Humility, and Respect in Communication

SECTION 2 Counseling for Health Behavior Change

- CHAPTER 5 Stages and Processes of Health Behavior Change
- CHAPTER 6 Person-Centered Counseling
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