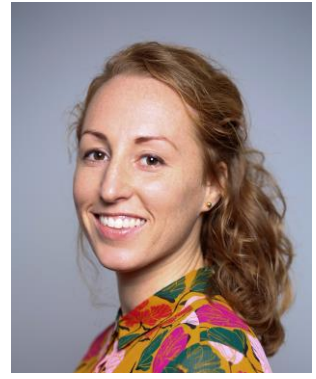


A foundation for dietitians to effectively carry out dietary counseling

Towards effective dietary counseling: A scoping review



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Introduction

To empower clients in achieving dietary treatment goals, we aimed to identify and map evidence on counseling strategies that contribute to effective dietary counseling.

Methods

- Systematic search in electronic databases: CINAHL, PsychInfo, Pubmed/Medline, Web of Science, SOC Index, Embase, and Psychology & Behavioral
- Inclusion criteria:
 - peer-reviewed
 - quantitative and qualitative
 - primary analysis of empirical work
 - written in English or Dutch
 - focused on 1-on-1 dietitian-client consultations
- Figure 2 displays the PRISMA flow diagram of the full study process

Results

Figure 1. shows the core counseling strategies identified.

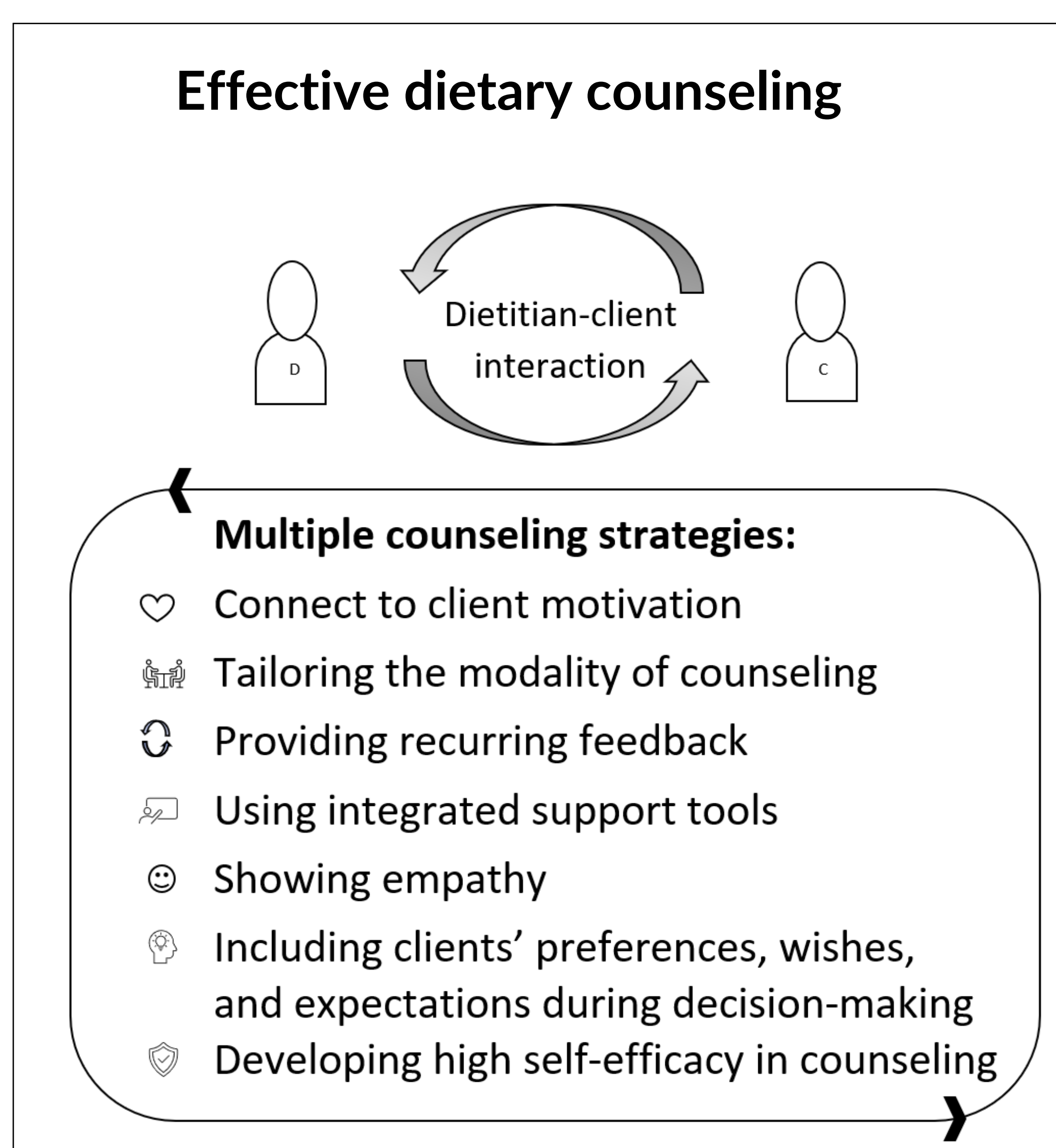


Figure 1. Effective dietary counseling

Conclusion/Discussion

- Insights from this scoping review provide a foundation for dietitians to effectively carry out dietary counseling.
- To work towards effective dietary counseling, further development of an integrated approach that includes combinations of strategies that form a unified whole is required.

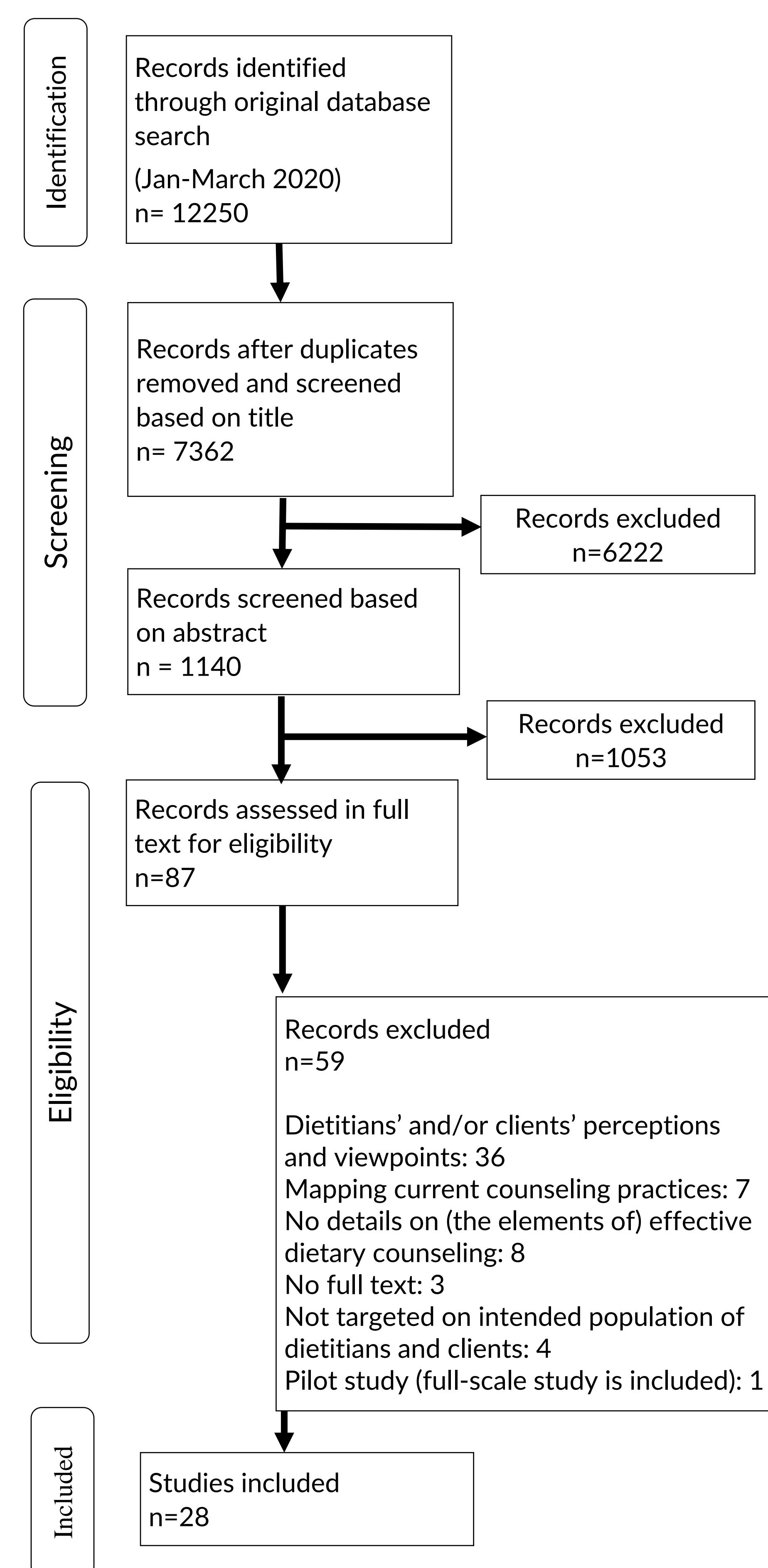


Figure 2. PRISMA flow diagram