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Session Topic : Diet Intervention in CKD

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Strategies to facilitate adoption of plant based and Mediterranean style diets

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There has been a significant shift in dietary guidance in the past five years for people with Chronic Kidney Disease. Multiple best practice guidelines in nephrology now include nutritional guidance that recommends adoption of healthy dietary patterns with an emphasis on whole foods and diets with adequate fruit, vegetables, legumes, nuts, wholegrain breads and cereals, with minimal amounts of processed foods high in salt, sugar and fat. While there is no shortage of enthusiasm from health practitioners to adopt this new approach, there is a clear knowledge gap on how to get people to adopt plant based diets. This is particularly apparent in settings where renal dietetic services are lacking. This presentation will discuss how evidence from the fields of marketing, implementation science and behaviour change, may be used to facilitate adoption of plant based and Mediterranean style diets. We will start with a definition of what is meant by a 'plant based' diet. This is a surprisingly contested and confusing space. We will then move to a brief overview of why plant based diets are recommended. The next part of the presentation will discuss common barriers to adoption of plant based diets from both patient and health care professional levels. Next, we will discuss a range of evidence based strategies to improve diet quality including language and marketing, how to increase vegetable intake, how to improve diet adequacy, and then address common concerns. Finally, we will illustrate how addressing all elements of food literacy can lead to sustained and impactful behaviour change.

Keywords: plant based diet, nutrition, Mediterranean diet, behaviour change, education