

Dear Medical Doctor:

I have recently started the Healthy Eating Every Day (HEED) program. This program consists of a self-paced 20-chapter book and online resources. I would appreciate your review of my condition and opinion as to whether or not this program is appropriate for me at this time.

#### Healthy Eating Every Day (HEED)

HEED is an evidence-based healthy eating program.\* The materials and approaches were tested by The Cooper Institute in Dallas, TX. The program focuses on six dietary goals:

- Balancing calories
- Increasing fruits and vegetables
- Increasing dairy and dairy alternatives
- Increasing whole grains
- Decreasing unhealthy fats and added sugars
- Decreasing sodium and salt

These goals are in line with the 2016-2020 Dietary Guidelines for Americans recently released by the U.S. Departments of Agriculture and Health and Human Services. In addition to the nutrition-related content provided, HEED also focuses on behavioral skills and strategies critical for making and maintaining changes in eating habits. The 20 chapters included in the HEED book are as follows:

Session 1: Healthy Eating: A Balancing Act

Session 2: Taking Stock

Session 3: Setting Goals and Rewarding Yourself

Session 4: Identifying Barriers and Benefits

Session 5: Tackling Triggers

Session 6: Eating Out

Session 7: Talking to Yourself

Session 8: Healthy Shopping Strategies

Session 9: Recruiting Support

Session 10: Looking Back, Looking Forward

Session 11: Getting Back on Track

Session 12: Cooking Up a Healthy Diet

Session 13: Dietary Supplements and Fad Diets

Session 14: Balancing Calories With Physical Activity

Session 15: Controlling Weight

Session 16: Managing Time and Stress

Session 17: Staying Motivated

Session 18: Eating in a Changing World

Session 19: Planning Ahead

Session 20: Celebrating Success

If you have any concerns with my participation in this program please contact me. Thank you for your assistance.

Sincerely,

**[Participant:** *Insert your name here.*]

\*Carpenter, R.A., Finley, C., and Barlow, C.E. 2004. Pilot-test of a behavioral skill building intervention to improve total diet quality. *Journal of Nutrition Education and Behavior* 36:20-26.