

# Keep Your Clients on Solid Ground

## Talk with Your Clients (one-on-one & through social media) Without Creating Food Fear

Dec 2/20; Wendy Busse, MSc, RD – FAST Freedom Program Director; [wendy@wendybusse.com](mailto:wendy@wendybusse.com); (403) 340-1035  
Recordings and upcoming webinars: <https://fastfreedomprogram.com/public-resources/webinars/>

### Key Messages

#1 Food fear and excessive diet restrictions can devastate long-term well-being.

#2 Consider the evidence before recommending diet restrictions.

#3 Be aware of your food-related biases or preconceived ideas.

#4 Do not give unfounded, black-and-white answers.

#5 If you recommend restriction, be practical and support your clients through the process.

#6 Food should be innocent, until proven guilty (through objective, systematic elimination diets).

What would you like to change in your practice?