

12F /12S mnemonic for healthy food that needed for counseling all chronic diseases and even for health maintenance. (Either sick or healthy, young or elder, regardless gender)

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Abstract

A 12 F/ 12 S mnemonic is a tool to help health care provider to remember a large amount of information about healthy diet and healthy behaviors

What is a healthy diet?" Many clinicians find themselves at a loss to answer this common question from patients. The difficulty of offering a simple answer is understandable; for that it is important to weave simple and compelling recommendation about healthy diet.

Just remember 10 F (5F yes and 5F NO) + Fitness & Fasting all clients visiting our clinics should be advised to increase their intake of Fluids , Fibers , Fruits & vegetables , Fish , healthy Fat (5F yes) and to avoid Fried food , Fast food , Factory food , unhealthy Fat , Fad added sugar (5F No) details for each will be conducted in the lecture .

(Sleep Hygiene, Stress management, Smoking cessation, Self-Monitoring, Social support , Structure Meal , Structure cognition, Slow eating, Setting goal,

Success re-enforcement, Solving problem, Stimuli modifying).

Biography

Dr Asmaa is a consultant Family physician in Ministry of NGHA (KAMC-WR).

She is Assistant professor in King Saud University for health specialist-WR, She is trainer in Saudi commission of health specialist and was a director of Bahrah PHC. She publishes many paper and report many cases in her specialty.

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