

Motivational interviewing?

Version nr 1

- Now I would like to talk to you about fruit and vegetables.
- How many portions of fruit and vegetables do you eat during a day?
- That is not enough. You should eat at least 4-5 portions a day to keep a good health.
- The only thing you have to do is to have vegetables with all of your meals during the day – and to have a fruit sometimes as a snack between the meals.
- Have you for instance tried to bring an apple with you, in your case or in your pocket? It is good to have if you feel hungry.
- Most of the explanations people have for not eating enough of fruit and vegetables are actually only excuses. If you wan´t you can!
- If I should be able to help you as your healthcoach, it is important that you take all this seriously.

Version nr 2

- Is it OK if we have a talk about fruit and vegetables?
- There is research saying that the health effects of eating at least 4-5 portions of fruit and vegetables are significant. What do you think about that?
- What do you think is good with eating fruit and vegetables?
- What do you think is less good with eating fruit and vegetables?
- If you see any problem with you own consumption of fruit and vegetables, what should that be?
- What changes with your own input of fruit and vegetables can you consider?
- As your healthcoach I would like to encourage you to eat fruit and vegetables. It can make you feel more healthy and provide you with more resistance against different kind of diseases. Of course everything is up to you and you decide what ways are the best for you to go. What do you think about all this?