

WHAT'S FOOD GOT TO DO WITH IT?



Nutrition Philosophy for Recovery

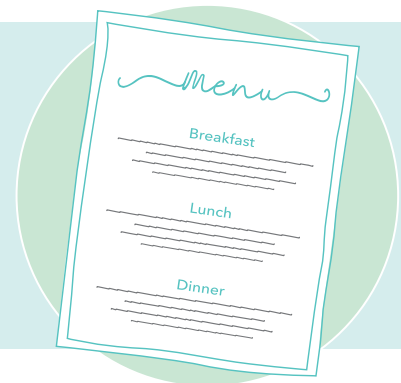
If your loved one has been engaging in eating disorder behaviors, they could be experiencing symptoms of malnutrition. Malnutrition can affect people of all body weights, shapes and sizes, harming the brain and body. Nutritional rehabilitation is the process of healing malnutrition and can resolve most, if not all, of the physical and mental health consequences of eating disorders. This process helps your loved one return to an optimal nutritional status by introducing the following:

- **Structure**
Predictable, consistent and planned meals
- **Balance**
Appropriate nourishment of mind and body with an all-foods-fit approach
- **Flexibility**
Recovery-focused food decision making

Nutrition-Related Recovery Behaviors

- Variety
- Flexibility
- Meal planning
- Portioning appropriately
- Challenging the eating disorder

To learn more, visit EatingRecovery.com/Resources/Nutrition-Program



Mealtime Behavioral Support

Timed meals/snacks	Eating at a table	Keep meals/snacks on time
Redirect behaviors	Keep hands above the table	Playing games
Roll long sleeves up to the elbows	No pockets during the meals	Provide encouragement
Reminders for pacing	Redirect unhelpful conversations	Stay seated during the meal
Not stacking plates after meal	Use utensils accordingly	Keep napkin on table
Distractions after meal	Wait to use the bathroom after eating	Not talking about food/treatment/weight

Tips to Support Your Loved One

Meal support can be challenging for caregivers as they coach their loved one through a meal or a snack. Yet meal completion is a necessary part of recovery from an eating disorder. Various mealtime strategies can ease the tension and contribute to the success of completing a meal or snack.

Whether you are offering emotional and practical support in person or from a distance, these ideas and tips may help you provide the needed support to your loved one.



Stay Connected: Ask Your Loved One Questions

- What are the most supportive things that I can do for you during meals?
- What are the most unhelpful things that I should avoid doing during meals?
- What topics of discussion do you find to be most helpful during meals?
- What topics should I avoid during meals?
- If I notice you struggling, what should I say or do that will be most helpful?



Mealtime Support

- Encourage scheduling/maintaining regular and predictable mealtimes.
- Consider decluttering the eating area and creating a visually pleasing environment.
- Create a peaceful setting, which may include enjoyable music.
- Allow for rearranging of furniture for a fresh look.
- Participate in meals or encourage a trusted support person to offer meal support.
- Encourage the use of the recommended meal plan.
- Collaborate with the registered dietitian.



Mealtime Engagement

- Create a mindful transition into the meal.
- Engage in enjoyable conversation (avoid potentially anxiety-provoking discussions).
- Attempt to remain relaxed as you offer support.
- Redirect statements such as "I'm not hungry." Consider using emotion coaching skills taught in family therapy or other education offerings.
- Stay alert to behaviors that may indicate disordered eating is sneaking into the picture.
- Role-model enjoyment around the meal by pacing yourself, making positive comments and finishing your meal if appropriate.

Please consult with a registered dietitian and treatment team members regarding any nutrition questions or concerns.

For additional resources, visit EatingRecovery.com/FamilyFriendsSeries
For more information on this topic or if you have questions, please email Resources@ERCPATHLIGHT.COM