



# NUTRITIONAL PROGRAMMING SAMPLE RESOURCES



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# EATING RECOVERY MEAL PLAN

EXCHANGE

1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>BREAKFAST</b>		<b>MEAL REPLACEMENT WITH BOOST PLUS</b>
2 Starches		Up to 25% left: ....3 oz 26-50% left: .....6 oz 51-75% left: .....9 oz 76-100% left: .....12 oz
1 Fruit	Water ____ oz.	
1 Dairy		
2 Fat		
2 Protein		
<b>MORNING SNACK</b>		
Snack List A	Water ____ oz.	Up to 50% left: ....3 oz 51-100% left:.....5 oz
<b>LUNCH</b>		
2 Starches		Up to 25% left: ....4 oz 26-50% left: .....left 8 oz 51-75% left:.....14 oz 76-100% left:.....16 oz
3 Protein	Water ____ oz.	
2 Fat		
1 Fruit OR Vegetable		
1 Dairy		
1 Side		
<b>AFTERNOON SNACK</b>		
Snack List A	Water ____ oz.	Up to 50% left: .... 3 oz 51-100% left:..... 5 oz
<b>DINNER</b>		
2 Starches		Up to 25% left: ....4 oz 26-50% left: .....8 oz 51-75% left: .....14 oz 76-100% left:.....16 oz
3 Protein	Water ____ oz.	
2 Fat		
1-2 Vegetables		
1 Dairy		
1 Side		
<b>EVENING SNACK</b>		
1 Dairy	Water ____ oz.	Up to 100% left: ....3 oz

Dietitian Initials: \_\_\_\_\_

### BREADS & BREAKFAST STARCHES

#### 1 Starch Exchange

1 slice of bread  
1 mini bagel  
1/2 English muffin  
1 small dinner roll  
1/2 hamburger/hot dog roll  
1/2 6" Pita Bread  
1 mini pita  
2 corn tortillas  
2 hard taco shells  
4 1/2" square waffle  
4" pancake or 2 oz. batter

#### 1 Starch, 1 Fat Exchange

Garlic breadstick  
2"-cube cornbread  
2-1/2" biscuit  
1/3 cup of stuffing  
1 Eggo waffle  
1/2 6" Pita Bread  
1 slice French toast

#### 2 Starches Exchange

Bagel  
10" tortilla wrap

#### 2 Starches, 1 Fat Exchange

Croissant  
7" pancake or 4 oz. batter

### CEREALS

#### 1 Starch Exchange

1/4 cup granola  
1 packet or 1/2 cup cooked oatmeal  
1 packet or 1/2 cup cooked Cream of Wheat

#### 2 Starches Exchange

1/2 cup Raisin Bran

#### Exchange amounts vary depending on the cereal

3/4 cup dry cereal (Cheerios, Cornflakes, Rice Krispies, Golden Grahams, Cinnamon Toast Crunch, Fruit Loops, Lucky Charms)

### PASTA, RICE, POTATOES, ETC.

#### 1 Starch Exchange

1/2 cup cooked rice  
1/2 cup cooked couscous  
1/2 cup cooked barley/ bulgar/quinoa  
1/2 cup cooked pasta  
1/2 cup corn or  
1/2 large corn on the cob  
1/2 medium (6 oz.) baked potato  
1/2 cup sweet potatoes  
6 Tater Tots  
1/2 cup peas (green, split, black-eyed)  
1/2 cup beans (kidney, garbanzo)  
1/2 cup lentils  
1/2 cup winter squash (i.e., acorn, butternut)

#### 1 Starch, 1 Fat Exchange

1/2 cup mashed potatoes

### CRACKERS & GRANOLA BARS

#### 1 Starch Exchange

3 squares graham crackers  
16 Wheat Thins  
2 small Fig Newton or 1 large Fig Newton  
15 small hard twisted pretzels  
18 (1 snack pack) Teddy Grahams  
1 Chewy Granola Bar

Each item is equivalent to Protein Exchange unless otherwise stated in the right column

#### MEATS & FISH

1 oz Ground Beef	
1 oz Ham/Pork	
1 oz Chicken/Turkey	
½ cup ground/chopped beef, turkey, chicken	3 Proteins
1-2 oz Fish	
1 oz Sausage or 1 Link	1 Protein, 1 Fat
2 slices Bacon (2 oz)	1 Protein, 1 Fat
2 slices (1 oz) Canadian Bacon	
1 oz Lunch Meat (i.e., Turkey, Ham)	

#### EGGS & DAIRY

1 Egg	
¼ cup shredded or 1 slice Cheese (1 oz)	1 Protein, 1 Fat or 1 Dairy
¼ cup 4% Cottage Cheese	
¼ cup Whole Milk Ricotta	1 Protein, 1 Fat
4 oz regular yogurt	

#### MEAT ALTERNATIVES

1 Tbsp Peanut Butter	1 Protein, 1 Fat (2½ Tbsp = 3 Pro 2 Fats)
1 Morning StarBreakfast Patty	
2 Morning StarBreakfast Links	
½ cup Morning StarVeggie Crumbles	
5 oz Tofu (1/3 block)	3 Proteins
Garden burger	3 Proteins
Meatless "Chik'N" Pattv	3 Proteins
¾ cup Hummus	3 Proteins, 2 Fats
½ cup beans, cooked or canned	3 Proteins
½ cup lentils	3 Proteins

## FRUIT

Each item is equivalent to 1 Fruit Exchange unless otherwise stated

FRESH FRUIT	
1 medium Apple	1 cup Berries
1 medium Orange	1 cup or ¼ whole Melon (i.e., Cantaloupe or Honeydew)
1 medium Pear	1 ¼ – 1½ c watermelon
1 medium Banana	1 large Peach or Grapefruit
2 Clementines/Apricots/ Tangerines/Plums/Kiwis	½ Mango
1 cup Fresh Fruit	1 cup (~15 medium) Grapes
	12 Cherries
CANNED/JAR FRUIT	
½ cup Canned Fruit	½ cup Applesauce
DRY FRUIT	
2 Tbsp or mini box Raisins	2 Fruit Roll-UPS
¼ cup Dried Fruit	4 Apricot halves
2 Tbsp Craisins	
JUICE	
1/2 cup (4 oz) Fruit Juice	¾ cup (6 oz) Grapefruit Juice

## VEGETABLES

Each item is equivalent to 1 Vegetable Exchange unless otherwise stated

RAW VEGETABLES	JUICE
1 cup Raw Vegetables	¾ cup (6 oz) Vegetable Juice
COOKED VEGETABLES	PASTA SAUCE
½ cup Cooked Vegetables	¼ cup Pasta Sauce



### DAIRY

Each item is equivalent to 1 Dairy Exchange unless otherwise stated in the right column

MILK	
1 cup (8 oz) 2% Milk	
1 cup (8 oz) Calcium-Fortified Orange Juice	
1 cup (8 oz) Whole Milk	1 Milk, 1 Fat
YOGURT/PUDDING	
4 oz Regular Yogurt	
2 Go-Gurts	
½ cup Frozen Yogurt	
½ cup Pudding	
CHEESE	
1 String Cheese	
½ cup 4% Cottage Cheese	
¼ cup shredded or 1 slice Cheese ( 1 oz)	
DAIRY ALTERNATIVES	
1 cup (8 oz) Enriched Rice Milk	
1 cup (8 oz) Enriched Soy Milk	

### FAT

Each item is equivalent to 1 Fat Exchange unless otherwise stated

DRESSINGS	SPREADS
1 Tbsp full-fat Creamy Salad Dressing	1 tsp Butter/Margarine
2 Tbsp full-fat Vinaigrette Salad Dressing	2 Tbsp Cream Cheese
OTHER	
1 Tsp Oil (Canola, Olive, Peanut etc)	¼ cup shredded or 1 slice Cheese (2 Tbsps)
2 Tbsp Sour Cream	1 Tbsp Pesto
½ of a whole Avocado (2 Tbsp equivalent)	1 Tbsp Nuts/Seeds
2 Tbsp Guacamole	8 Black Olives

## PIZZA AND PASTA

Pasta Marinara w/ Chicken (1 cup pasta + 3oz chicken + sauce)	2 Grains, 3 Proteins, 1 Veg
3" x 4" Lasagna	2 Grains, 3 Proteins 2 Fats, 1 Veg
1 ½ cups Macaroni and Cheese	2 Grains, 3 Proteins. 2 Fats
2 slices large (14") Cheese Pizza	2 Grains, 3 Protein, 2 Fats, 1 Veg
Spaghetti and Meatballs (1 cup pasta + 3-4 meatballs + sauce)	2 Grains, 3 Protein, 1 Fat, 1 Veg
Chicken Parmesan (3 oz breaded w/ cheese)	3 Proteins, 1 Grain. 2 Fats
ADD: ½ cup pasta & ¼ cup sauce =	3 Pro, 2 Grains, 2 Fats, 1 Veg. total
~9 Small Ravioli OR 5 large	3 Proteins. 2 Grains 2 Fats

## SOUPS/STEWES/CHILI

1.5 cup cream based soup with protein	1 Starch, 3 Protein, 2 Fats
1.5 cup broth based soup with protein	1 Starch, 3 Protein, 1 Fat
1 cup Meat + Bean Chili	3 Proteins, 2 Grains
1 ½ cups Vegetarian Chili	3 Proteins, 2 Grains, 1 Veg

## OTHER

½ cup Chow Mein Noodles	1 Grain, 1 Fat
Chicken and Vegetable Stir-Fry (2/3 cup rice + 1 cup Stir-fry)	3 Proteins, 2 Grains, 2 Fats, 1 Veg
~4 Chicken Tenders	3 Protein, 1 Grain 1 Fat
1/6 th of a 9" Quiche	2 Grains, 3 Proteins, 2 Fats

## SANDWICHES

Tuna, Egg or Chicken Salad (1/2 cup salad mixture on 2 slices bread)	3 Proteins, 2 Grains, 2 Fats
Peanut Butter and Jelly (2.5 Tbsp PB 1 Tbsp jelly)	3 Proteins, 2 Grains, 2 Fats
Cheese Quesadilla (Large tortilla rrn-12"1 + 1/2 cup cheese)	3 Proteins, 2 Grains, 2 Fats
Grilled Cheese (2-3 slices cheese w/ buttered bread)	3 Proteins, 2 Grains, 2 Fats
Sloppy Joe (½ cup mixture) on bun	3 Proteins, 2 Grains, 1 Fat



#### CHIPS

- 1 individual bag Sun Chips
- 1 individual bag Pita Chips
- 1 individual bag Potato Chips (any flavor, 1 oz)
- 1 individual bag Pretzels (~30 small, hard twisted pretzels)
- 1 oz Tortilla Chips (~14-15 chips)

#### COOKIES & ICE CREAM

- ½ cup Ice Cream
- 2" Brownie
- 4 Oreo Cookies
- 2 small chocolate chip cookies (i.e., Keebler Chunky Chips Ahoy)
- ½ Large Bakery Cookie

#### MISCELLANEOUS

- ½ cup Fruit Crisp or Cobbler
- 1 small order of small fries
- ~12 Tater Tots
- 1 pkg Fig Newtons (2 large newtons)
- 1 pkg Nature Valley Granola Bars (2 bars in Pkg)
- 2 Teddy Graham snack packs
- 1 individual bag Animal Crackers (~16)

# A VISUAL GUIDE TO ESTIMATING PORTION SIZES

EXCHANGE

8

Please refer to the portion guide from your dietitian if there are any variations.

STARCHES	PORTION	EXCHANGE
1 cup cereal flakes	The size of a fist	2 Starches
1 pancake	A compact disc	1 Starch
1/2 cup cooked oatmeal, cream of wheat, couscous, quinoa, corn, potato, lentils, beans, squash, peas	1/2 of a baseball	1 Starch
1/3 cup cooked rice or pasta	Deck of cards	1 Starch
FRUIT & VEGETABLES		
1 cup salad greens/raw vegetables	A baseball or your fist	1 Vegetable
1 medium fruit	A baseball or your fist	1 Fruit
1/2 cup dried	A large egg or golf ball	2 Fruits
1/2 cup cooked vegetables	1/2 of a baseball	1 Vegetable
DAIRY & CHEESE		
1 oz. cheese, 1/4 cup shredded	4 stacked dice	1 Dairy
1/2 cup of ice cream or frozen yogurt	1/2 of a baseball	1 Dairy
1 cup serving of Dairy, yogurt	The size of a fist	1 Dairy

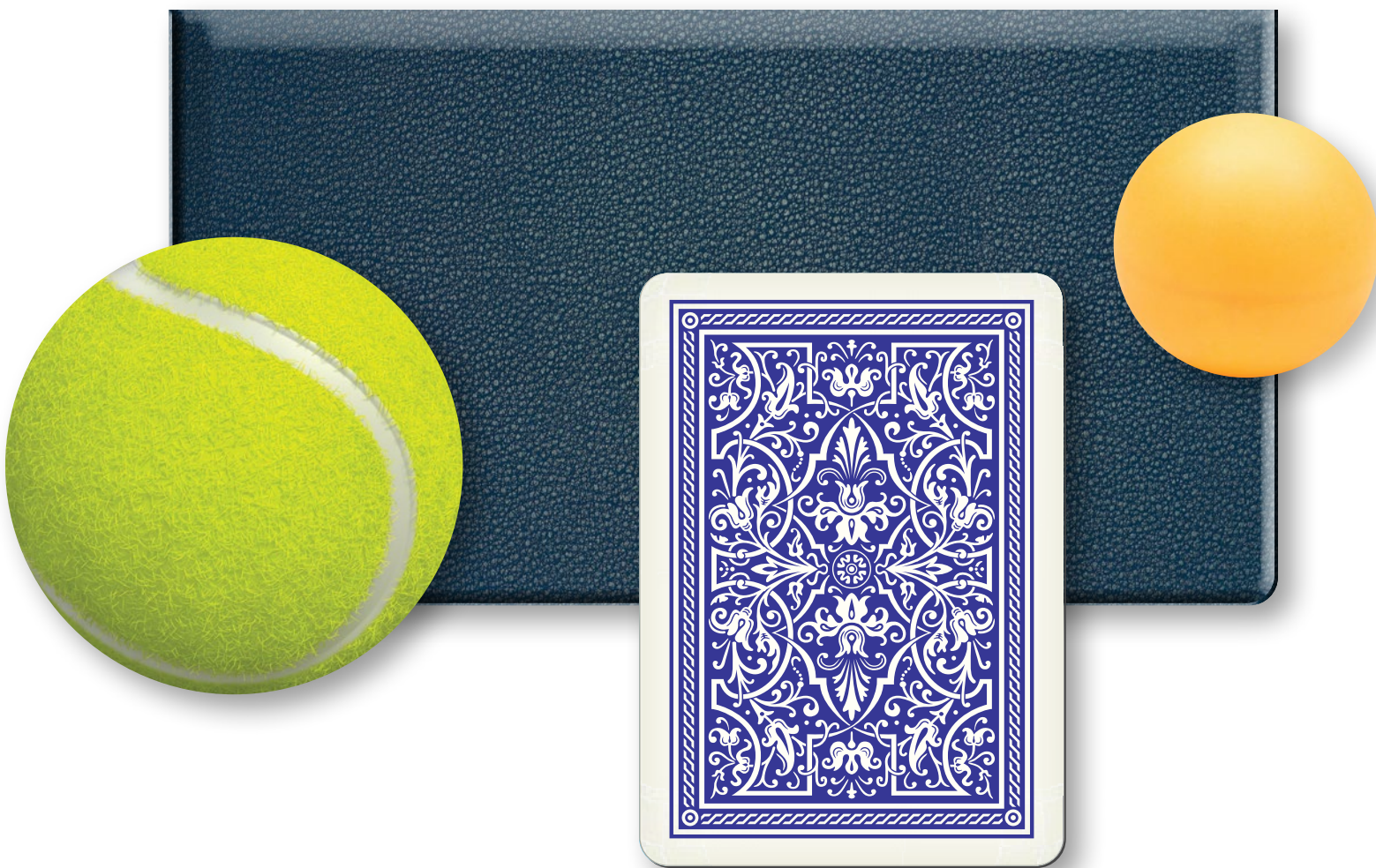


# A VISUAL GUIDE TO ESTIMATING PORTION SIZES

EXCHANGE

9

MEAT & MEAT ALTERNATIVES		EXCHANGE
3 oz. meat, fish, and poultry (1/2 cup diced/ground)	Deck of cards	3 Protein
3 oz. grilled/baked fish (1/2 cup diced/ground)	Checkbook	3 Protein
2 Tbsp peanut butter	Ping pong ball	2 Protein, 2 Fat
1/2 cup cubed tofu	Tennis ball	1 Protein
FATS		
1 teaspoon of oil, butter, or margarine	The size of your thumb tip, 1 pat of butter or margarine	1 Fat
2 Tbsp salad dressing, sour cream, or parmesan cheese	Ping pong ball	1 Fat





## SNACK LIST A

Banana OR apple + 1 Tbsp Nutella OR Peanut Butter

1 pkg Nature Valley Bars

10 Yogurt Covered Pretzels

½ Peanut Butter Sandwich  
(1 Tbsp PB + 1 piece of bread)

1 bag Planter's Peanuts (1/4 cup)

1 box cereal + 1 cup Dairy (2% Dairy or soy)

3 squares of graham crackers (1 ½ sheets) and  
1 Tbsp peanut butter OR nutella

1 bag of candy or 1 candy bar

1 Pop Tart (1/2 pkg)

½ cup Trail Mix

4 oz Yogurt + Fruit

1 Bag of Chips

1 String Cheese + 6 Carr's Crackers

1 Kind Bar

¼ cup granola + 4 oz yogurt

4 Oreos

1 package Teddy Grahams + ½ cup yogurt

¾ cup Goldfish

1 personal bag of Smart Pop popcorn + 1 cup fruit

½ cup chocolate covered almonds

10 pretzels

2 slices of deli turkey + 1 slice cheddar cheese on  
one 6 inch tortilla



To make any of these B snacks,  
add ½ cup yogurt,  
1 cup Dairy, or 1 cup juice,  
or discuss with your RD



## SNACK LIST B

- Clif Bar + 1 cup Dairy (2% Dairy or soy)
- 1 Snickers bar OR 1 bag of candy + 1 cup Dairy (2% Dairy or soy)
- 1 pkg Pop Tarts (2 each)
- 1 bag Planter's Peanuts (1/4 cup) + Fruit
- 1/2 cup Chocolate Covered Almonds
- 3/4 cup Granola + 4 oz Chobani Vanilla Yogurt
- 6 Oreos + 1 cup Dairy (2% or Soy)
- 6 Carr's Crackers + 4 Cheese Squares
- 1/2 PB/Banana Sandwich (1 piece of bread + 1 Tbsp PB + 1/2 banana) + 1 cup Dairy (2% Dairy or soy) OR 1 Bag of Chips
- 1 cup Strawberry Greek Gods Yogurt + 2 Tbsp diced nuts
- 14 Yogurt covered pretzels
- 1 cup Teddy Grahams + 1 cup Dairy
- 1 Package of Nature Valley Granola Bars (2 Bars) + 1/2 cup Yogurt
- 1/2 cup Fruit & Nut Trail Mix
- 1 Bag Pita Chips (1.5 oz) + 1/4 cup Hummus
- 2 Handfuls of Wheat Thins + 2 oz Cheese
- 3 sheets of Graham Crackers + 2 Tbsp Nutella

## SNACK LIST C

- 1 Tbsp PB + 2 1/2 Tbsp Nutella + 1/2 banana + 1 white wrap + 8 oz Dairy (2% Dairy or soy)
- 1 chocolate or blueberry muffin + 2 Tsp butter + 8 oz Dairy (2% Dairy or vanilla soy)
- 1/2 banana + 3 Tbsp Nutella + 1 croissant
- 1 bag pretzels + 1/3 cup hummus + 1/3 cup missed nuts
- 2 chocolate pudding cups + 1/4 cup heavy whipping cream + 1 pkg chocolate instant breakfast powder + 3 Oreos + 4 gummy worms
- 3 oz cheese (18 small cubes or 3 string cheeses) + 7 Carr's wheat crackers + 1/4 cup nuts
- 1 cup fruit + nut granola + 1 cup Greek yogurt + 1 sliced banana + 4 oz whole Dairy on side
- 2 Tbsp PB + 2 slices of wheat bread + 1/2 banana + 12 oz chocolate Dairy
- 4 Tbsp PB + 2 slices of wheat bread + 1 Tbsp jelly or 1 Tbsp honey or 1/2 banana + 1 cup Greek yogurt
- 1 Boost Plus (8oz) + 1 Noosa yogurt + 1/2 cup nut & fruit mix or (1.6 oz) package of nuts
- 1 B Snack + 1 Boost Plus (8oz)



## SNACK LIST A

- 1 Dairy + 1 starch
- 1 fruit + 2 proteins OR 1 fat + 1 protein

## SNACK LIST B

- 3 Starches + 1 Dairy
- 2 proteins + 2 fats + 1 fruit + 1 starch
- 2 Starches + 3 proteins + 1 fat
- 2 Starches + 1 fruit + 1 protein + 1 Dairy
- 1 Dairy + 1 starch + 1 protein + 1 fat + 1 fruit



## SNACK LIST C

- Refer to registered dietitian

“Try **new** things and **discover** yourself every single **day**.”

– Bhavya Choudhary

MYTHS

VS

FACTS

1 Carbohydrates make you gain weight.

Truth: \_\_\_\_\_

2 Fats are bad for you.

Truth: \_\_\_\_\_

3 Eating after 6pm will make you gain weight quicker.

Truth: \_\_\_\_\_

4 Anything white is bad for you (i.e., white bread, pasta, white rice).

Truth: \_\_\_\_\_

5 Eating more protein helps you build more muscle.

Truth: \_\_\_\_\_

6 Vegetarian diets may result in nutritional deficiencies.

Truth: \_\_\_\_\_

7 A multivitamin can help increase your energy level.

Truth: \_\_\_\_\_

8 Eating too much sugar causes diabetes.

Truth: \_\_\_\_\_

9 It is possible to get too much fiber in your diet.

Truth: \_\_\_\_\_

10 By age 17, adolescents have attained about 90% of their adult bone mass.

Truth: \_\_\_\_\_

11 Using laxatives is a good way to prevent calories from being absorbed.

Truth: \_\_\_\_\_

12 It is possible to drink too much water.

Truth: \_\_\_\_\_



## ANSWER KEY

MYTHS

VS

FACTS

### 1 Carbohydrates make you gain weight.

**FALSE** Carbohydrates don't cause your body to make or store fat. Eating excess calories over a period of time from any source – whether it is protein, carbohydrates, or fats – is what causes weight gain. Glucose is converted to body fat only if you consume more calories than your body needs.

### 2 Fats are bad for you.

**FALSE** Your body needs dietary fat to function optimally. Fat provides energy, helps your body absorb and transport the fat-soluble vitamins (A,D,E,K), helps your body produce hormones, makes cell membranes, and is important for healthy hair, nails, and skin.

### 3 Eating after 6pm will make you gain weight quicker.

**FALSE** The time you eat has no effect on weight gain. Some people tend to overeat between dinner and bedtime, and this is often linked to undereating during the day. So, the only reason you would gain weight from eating at this time is because you consumed excess calories, not because your body doesn't process them in the same way.

### 4 Anything white is bad for you (i.e., white bread, pasta, white rice).

**FALSE** While wheat products contain more fiber if they are made from whole grains, this doesn't mean that white bread and regular pasta are bad for you. Whether white or wheat, grains are an excellent source of carbohydrates, which are the body's preferred energy source (especially for the brain). The Dietary Guidelines recommend that we make half our grains whole grains. This means that it is perfectly okay to include some refined grains or white products in your day.

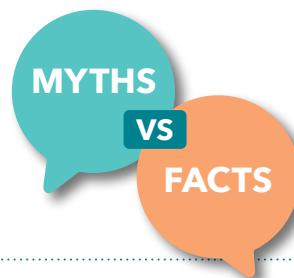
### 5 Eating more protein helps you build more muscle.

**FALSE** Although protein is required for building muscle, consuming protein in excess of one's needs will not help build additional muscle and may be harmful to the kidneys as they are responsible for breaking down and excreting the byproducts of protein metabolism. In order to build lean muscle mass it's necessary to consume adequate calories and to do strength training. Stored as glycogen in the muscles, it is the fuel used to supply energy for short, intense bursts of power. Once these stores of glycogen are gone, your energy level will drop, and you will run out of fuel to power muscle contractions. For this reason, to build lean muscle, one needs to have adequate carbohydrate intake. Protein helps repair and rebuild muscle tissue that is broken down during exercise.

### 6 Vegetarian diets may result in nutritional deficiencies.

**FALSE** Although a vegetarian diet can be healthy and well balanced, adolescent Vegetarians may be at an increased risk for iron, B12, calcium, zinc, vitamin D, and iron deficiency.

## ANSWER KEY (continued)



**7 A multivitamin can help increase your energy level.**

**FALSE** Calories equal energy. Vitamins contain no calories, thereby providing no energy. Vitamins, however, are required in chemical reactions that help break down food into energy. But you must consume protein, fats, and carbohydrates to provide your body with energy.

**8 Eating too much sugar causes diabetes.**

**FALSE** Although the exact cause of diabetes is unknown, it is known that too much sugar does not cause this condition. Genetics and exposure to certain viruses likely contribute to the development of Type 1 diabetes, in which the body produces little to no insulin. Genetics and lifestyle factors play a role in the development of Type 2 diabetes, in which the body does not produce enough insulin or does not use insulin properly.

**9 It is possible to get too much fiber in your diet.**

**TRUE** Eating too much fiber can cause food to move too quickly through the body and prevent absorption of certain nutrients. Too much fiber can also cause excessive gas, bloating, and diarrhea.

**10 By age 17, adolescents have attained about 90% of their adult bone mass.**

**TRUE** Because about half of peak bone mass is accrued during adolescence, adequate calcium intake is extremely important for achieving proper bone density to help prevent fractures and osteoporosis later in life.

**11 Using laxatives is a good way to prevent calories from being absorbed.**

**FALSE** Laxative use does not significantly change the absorption of food in the body. Laxatives work at the end of the bowels in the large intestine, beyond where Nutrients and food have already been absorbed. What may appear to be weight loss is actually dehydration or loss of water.

**12 It is possible to drink too much water.**

**TRUE** Although less common than dehydration, overhydration is a possibility that has serious complications. Drinking excessive amounts of water can dilute the sodium in one's blood and cause electrolyte imbalances. Symptoms of water intoxication may include confusion, disorientation, nausea, and vomiting in the early stages. More serious complications include seizures, coma, and possible death. Water intoxication is rare and won't typically occur unless someone drinks an enormous volume of water in a short period of time.

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> S _____ P _____ F _____ Fr _____ D _____							
AM Snack							
<b>Lunch</b> S _____ P _____ F _____ V _____ Fr _____ D _____							
PM Snack							
<b>Dinner</b> S _____ P _____ F _____ J _____ D _____ DT _____							
HS Snack							

## Eating Disorder Behaviors and Suggested Verbal Interventions/Redirections

**Food Refusal: refusing to take items (i.e., challenge foods); try certain items on plate, sitting and staring the food without eating.**

- The meal is a process; let's start by getting used to seeing the \_\_\_\_\_ on your plate, so you need to take \_\_\_\_\_.
- How about you take a bite now...
- You can do this. Pick up your \_\_\_\_\_ and take a bite.
- Your body needs the food for: energy, concentration, to help focus, \_\_\_\_\_.
- Food is your medicine right now.
- Keep going....
- Take another bite.
- Mechanical eating is picking up your fork, taking a bite, and putting your fork back down without trying not to think about it too much.
- What's going on right now? What would be helpful to complete this meal?

**Inappropriate cutting of food: cutting food in very small pieces; cutting food that typically is not cut (i.e., grapes)**

- Try cutting that up less.
- Let's work on cutting that up less than you usually do. How about you cut it into \_\_\_\_\_ instead of \_\_\_\_\_?
- Usually, \_\_\_\_\_ is not cut into pieces. Why don't you try eating without cutting it?
- Why don't we try having you eat without using a knife? (i.e., sandwiches)
- Why don't you try cutting it into normal size bites and then get rid of our knife.

### Eating excessively fast

- I notice the pace of your eating to be quite fast, try slowing down a bit.
- Slow down your pace.
- Put your fork down between bites.
- Asking the individual a question to interrupt/distract from the pace.

### Eating excessively slow

- I notice that you're eating quite slow, try to speed it up a bit.
- Bigger bites help to speed up the pace.
- You need to pick up the pace.
- It is \_\_\_\_\_ pm now, aim to be done with that by \_\_\_\_\_ pm.
- We have about \_\_\_\_\_ minutes left to work on pacing.

## Eating Disorder Behaviors and Suggested Verbal Interventions/Redirections

### Making comments about the food

- Negative comments about the food are not going to help you get it done.
- That is not a helpful statement for you.
- Let's not talk about the food while we're eating.
- Perhaps we can discuss this after the meal instead of now....

### Comparing food/meal with sides

- I know it's hard but focus on your own meal plan and goals.
- Everyone has their own meal plan based on their own individual needs
- Comparing can make it more difficult to complete your meal

### Excessive condiments

- That's overdoing it with the salt/pepper/etc. Next time try doing less.
- Let's work on only using 1 \_\_\_\_\_ today.
- That's enough with the \_\_\_\_\_.

### Blotting

- No more blotting.
- Only take one napkin.
- It is normal to eat \_\_\_\_\_ without blotting it.

### Using utensils to eat finger foods

- Try eating that sandwich with your hands, not utensils.
- It is normalized eating to eat \_\_\_\_\_ without utensils. Why don't you try that?

### Multiple occasions of leaving the table

- Let's work on staying seated until you are done with your meal.
- Make sure you have everything you need, or you may ask me for assistance.

### Supplementation

- I encourage you to finish, or you will need a supplement to complete.
- Supplementation for incomplete meals is expected.
- Supplements help you to make up for whatever nutrition you are missing from not eating.
- It is expected that you will be completing these meals. If you are routinely unable to do so we will need to re-evaluate if you need additional support.

- Please be on time to all meals and snacks. You may only enter the cafe with staff present.
- Do not wear jackets, hoodies, or any items with pockets or hoods into the cafe.
- Roll long sleeves up to your elbows during meals and snacks.
- Please do not start eating until all patients are present and the staff have started the timer.
- All sites have structured meal and snack times. They typically are about 30 minutes for meals and 15 minutes for snacks. You will be expected to remain seated until you are excused by staff and to supplement for any amount of food that you do not complete within these time frames.
- Do not discuss the following at meals/snacks: food, drinks, calories, weight, exercise, drugs, alcohol, medications, war/treatment stories, hunger/fullness, self harm, trauma and former, current, or prospective patients or peers you may know.
- All lids and food covers need to be removed at the beginning of the meal or snack.
- Do not stack dishes when you are finished eating.
- Food hiding is not permissible.
- You cannot add or change any food or beverage selections at meal or snack time. Once you have been seated with your approved meal, you are responsible to complete the meal provided.
- If something is missing from the meal, patients are encouraged to be responsible for alerting staff at the start of the meal.
- Hands, silverware, and napkins are to be kept above the table at all times.
- Only one napkin is given per meal/snack.
- Patients are asked to remain seated for the duration of the meal.
- Patients' feet need to remain on the floor. (Patients should be redirected if they have their feet up on the chair, are curled up in a ball, are sitting cross-legged, etc.)
- Patients should be facing their food during the meal. (Patients should be redirected if they are observed turning away from the table.)





## Child and Adolescent Support

### > **STEP ONE:** Establish, regular predictable family mealtimes.

- Research shows that children who have regular mealtimes with their family have more positive physical and mental health outcomes than those who don't.
- Regular mealtimes give children and teens the opportunity to see their parents role model healthy eating habits.
- Having regular mealtimes makes children and teens feel special by knowing that they have a time each day when they get to check in and spend time with their parents.
- Children and teens do better with structure. Having a reliable structure, which mealtimes are an important part of, helps decrease anxiety and provide a sense of security.
- Adolescence can be a difficult time, and family mealtimes communicate that spending time together is important and can decrease an adolescent's sense of loneliness.

### > **STEP TWO:** Create a pleasant, physical environment.

- Eliminate clutter in the dining room and kitchen and make sure that there is adequate space at the table for everyone to sit. A lack of space can create unnecessary stress.
- Set up a nice, pleasing place to eat. Adding fresh flowers, candles, nice dinnerware, colorful placemats, or a centerpiece to the table can establish a nice atmosphere.
- Make sure that mealtimes are quiet (i.e., no TV, video games, phones). Soft, relaxing background music may add a nice touch.
- Rearranging furniture or making small changes to the dining room or eating space may help provide a fresh start.

**Other ideas:** \_\_\_\_\_

\_\_\_\_\_

### > **STEP THREE:** Create a positive, mental meal environment

- Create a pause and transition into the meal. You may want to start out each meal with a word of thanks, a moment of silence, everyone taking a deep breath, someone telling a joke of the day. Create your own family tradition.
- Practice enjoyable conversation. Talk about topics other than food and exercise (i.e., weather, movies, music, good experiences).
- Avoid outcome talk, such as asking how your child did on a test or if they've completed their college applications, because this can create a lot of stress. Instead, ask about and share your own specific experiences, or ask for your child's opinion of what they think about something.
- Try to be relaxed and remember that your own body language says a lot.
- Role model a joy in eating as well as flexible, healthy eating habits.



Regardless of the age of the patient, meal support can be challenging for caregivers as they coach their loved ones through a meal. Yet, meal completion is a necessary part of recovery from an eating disorder. Whether you are offering emotional and practical support in person or from a distance, keep pace with progress.

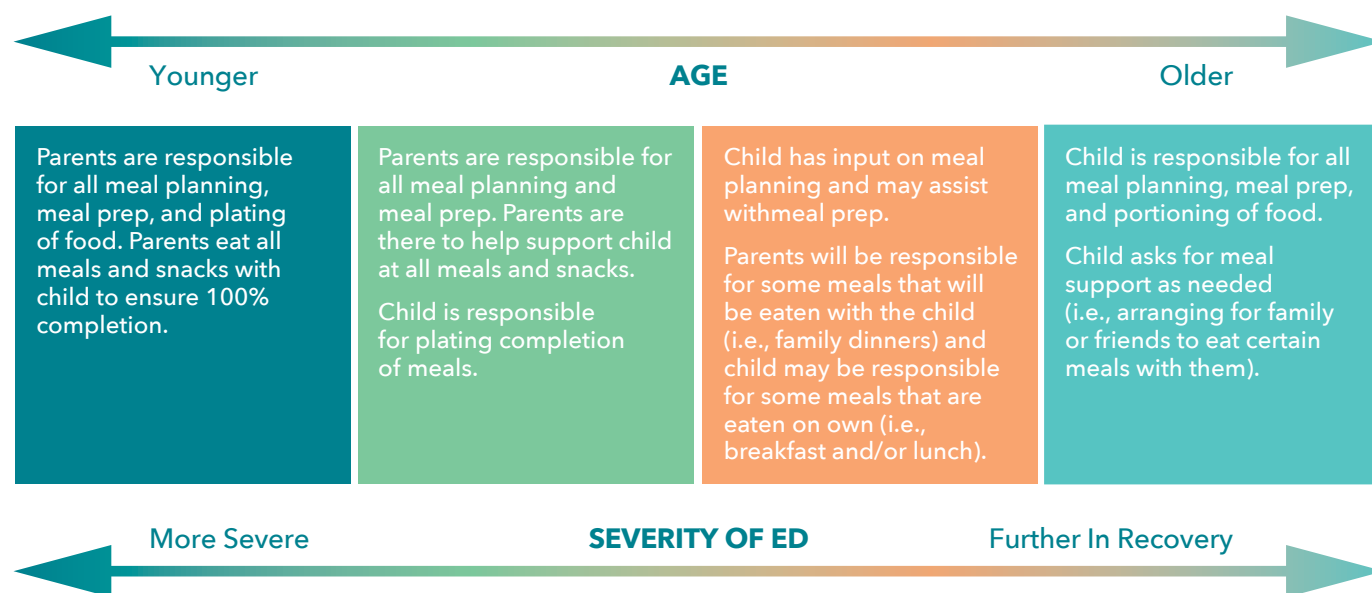
- Lean on the 4 C's by remaining calm, confident, consistent and compassionate
- Remind yourself and your loved one that slips, lapses and, sometimes, relapses are a part of recovery
- Offer support by asking one of the following questions, when appropriate

“

- *I'm thinking I need to do a better job of supporting you right now. I see you..."*
- *I'm wondering if you're struggling with some negative self-talk? I see you..."*
- *I'm wondering if there is something that has been causing you additional anxiety lately. I see you..."*

## Parental Meal Support Continuum

### Child and Adolescent Support



## CHILD AND ADOLESCENT

I would like my parent(s) to help me with the following level of support with meals and meal planning at home. I understand that I may need to increase or decrease the level of support depending on my progress.

Date: \_\_\_\_\_



### MENU SELECTION

- ☐ Non-Select – My parent(s) choose all meals and snacks
- ☐ I can select my snacks
- ☐ I can select the menus I created and I will let my parent(s) know my menus a week ahead for:
  - ☐ Breakfast
  - ☐ Lunch
  - ☐ Dinner
- ☐ I will join the following family meals and let my parents decide the menus for
  - ☐ Breakfast on the weekends
  - ☐ Lunch
  - ☐ Dinner
- ☐ Fully-Select – I can select all meals and snacks because I will be living away from home

### PLATING/PORTIONING

- ☐ Parent(s) plate and portion at home
- ☐ will plate and portion with re-direction from parent(s)
- ☐ will plate and portion with no parent involvement.
- ☐ 'Debriefing' conversations after a meal or snack when concerns arise around observed behaviors.

### GROCERY SHOPPING

**I will write my menus and write a shopping list every week.**

- ☐ Parent(s) complete all grocery shopping. I will provide a weekly menu and shopping list ahead of time.
- ☐ I can go grocery shopping with parent(s). Specify frequency \_\_\_\_\_
- ☐ I am able to grocery shop alone or with parent(s). Specify frequency \_\_\_\_\_

## CHILD AND ADOLESCENT



### MENU SELECTION

- ☐ Non-Select – My parent(s) choose all meals and snacks
- ☐ I can select my snacks
- ☐ I can select the menus I created and I will let my parent(s) know my menus a week ahead for:
  - ☐ Breakfast
  - ☐ Lunch
  - ☐ Dinner
- ☐ I will join the following family meals and let my parents decide the menus for
  - ☐ Breakfast on the weekends
  - ☐ Lunch
  - ☐ Dinner
- ☐ Fully-Select – I can select all meals and snacks because I will be living away from home

### PLATING/PORIONING

- ☐ Parent(s) plate and portion at home
- ☐ will plate and portion with re-direction from parent(s)
- ☐ will plate and portion with no parent involvement.
- ☐ "Debriefing" conversations after a meal or snack when concerns arise around observed behaviors.

### GROCERY SHOPPING

**I will write my menus and write a shopping list every week.**

- ☐ Parent(s) complete all grocery shopping. I will provide a weekly menu and shopping list ahead of time.
- ☐ I can go grocery shopping with parent(s). Specify frequency \_\_\_\_\_
- ☐ I am able to grocery shop alone or with parent(s). Specify frequency \_\_\_\_\_

### PREPARATION/COOKING

- ☐ No preparation or cooking – I will remain out of kitchen at these times
- ☐ Some preparation and cooking with parent(s). I am open for observation and direction
- ☐ I can prepare/cook the following meals and snacks:
  - ☐ Breakfast
  - ☐ Morning Snack
  - ☐ Lunch
  - ☐ Afternoon Snack
  - ☐ Dinner
  - ☐ Evening Snack
- ☐ I prepare and cook all meals and snacks

## CHILD AND ADOLESCENT



### TIME LIMITATION FOR MEALS/SNACKS

- ☐ Time limits for all meals and snacks
- ☐ Time limits for meals only (30 minutes)
- ☐ Time limits for snacks only (15 minutes)
- ☐ No time limits necessary for meals or snacks

### DIRECT OBSERVATION OF MEALS/SNACKS

- ☐ Parent(s) directly observe all meals and snacks
- ☐ Parent(s) directly observe all snacks
- ☐ Parent(s) directly observe the following meals:
  - ☐ Breakfast ( \_\_\_\_ times per week)
  - ☐ Lunch ( \_\_\_\_ times per week)
  - ☐ Dinner ( \_\_\_\_ times per week)
  - ☐ No direct observation needed by parent(s)

### REDIRECTION BY FAMILY MEMBERS/OTHERS DURING MEALS AND SNACKS

- ☐ Parent(s) redirect as necessary during all observed meals and snacks
- ☐ Parent(s) will not redirect during observed meals and snacks
- ☐ 'Debriefing' conversations after a meal or snack when concerns arise around observed behaviors.

### SUPPLEMENTING (BOOST PLUS, BREEZE, ETC.)

- ☐ Supplement required for incomplete meals and snacks
- ☐ Supplement required for incomplete meals
- ☐ Specify Parent's involvement when meal is incomplete: \_\_\_\_\_

### PHYSICAL ACTIVITY

- ☐ Physical activity is not recommended at this time due to \_\_\_\_\_
- ☐ Physical activity has begun to be incorporated as part of PHP programming:
  - ☐ \_\_\_\_ times/week for \_\_\_\_ min/day
  - ☐ Allowable activities include \_\_\_\_\_
  - ☐ Prohibited activities include \_\_\_\_\_
  - ☐ Supplementation for physical activity: \_\_\_\_\_
- ☐ Physical activity can begin to be incorporated **once approved by outpatient provider**:
  - ☐ **3-4** times/week for **20-30** min/day
  - ☐ Allowable activities include **leisurely family based activities (walking, bike riding, short hikes, etc.)**
  - ☐ Prohibited activities include **running, cardio machines, high endurance activities**

## ADULT

Date: \_\_\_\_\_



### SELECTION

- ☐ Non-Select – Support system(s) choose all meals and snacks
- ☐ Patient selects snacks with support system involvement
- ☐ Patient can select the following meals with support system involvement:
  - ☐ Breakfast
  - ☐ Lunch
  - ☐ Dinner
- ☐ Fully-Select – Patient selects all meals and snacks

### PLATING/PORTIONING

- ☐ Support system(s) plate and portion
- ☐ Plate and portion with re-direction from support system(s)
- ☐ Plate and portion with no support system involvement

### GROCERY SHOPPING

- ☐ Support system(s) completes all grocery shopping
- ☐ Patient present for some grocery shopping with support system(s)
- ☐ Patient able to grocery shop alone or with support system(s)

### PREPARATION/COOKING

- ☐ No preparation or cooking – patient remains out of kitchen at these times
- ☐ Some preparation and cooking with support system(s) observation and direction
- ☐ Patient can prepare/cook the following meals and snacks:
  - ☐ Breakfast
  - ☐ Morning Snack
  - ☐ Lunch
  - ☐ Afternoon Snack
  - ☐ Dinner
  - ☐ Evening Snack
- ☐ Patient prepares and cooks all meals and snacks

## ADULT



### TIME LIMITATION FOR MEALS/SNACKS

- ☐ Time limits for all meals and snacks
- ☐ Time limits for snacks only (15 minutes)
- ☐ Time limits for meals only (30 minutes)
- ☐ No time limits necessary for meals or snacks

### DIRECT OBSERVATION OF MEALS/SNACKS

- ☐ Support system(s) directly observes all meals and snacks
- ☐ Support system(s) directly observes all snacks
- ☐ Support system(s) directly observes the following meals:
  - ☐ Breakfast ( \_\_\_\_ times per week)
  - ☐ Lunch ( \_\_\_\_ times per week)
  - ☐ Dinner ( \_\_\_\_ times per week)
  - ☐ No direct observation needed by support system(s)

### REDIRECTION BY FAMILY MEMBERS/OTHERS DURING MEALS AND SNACKS

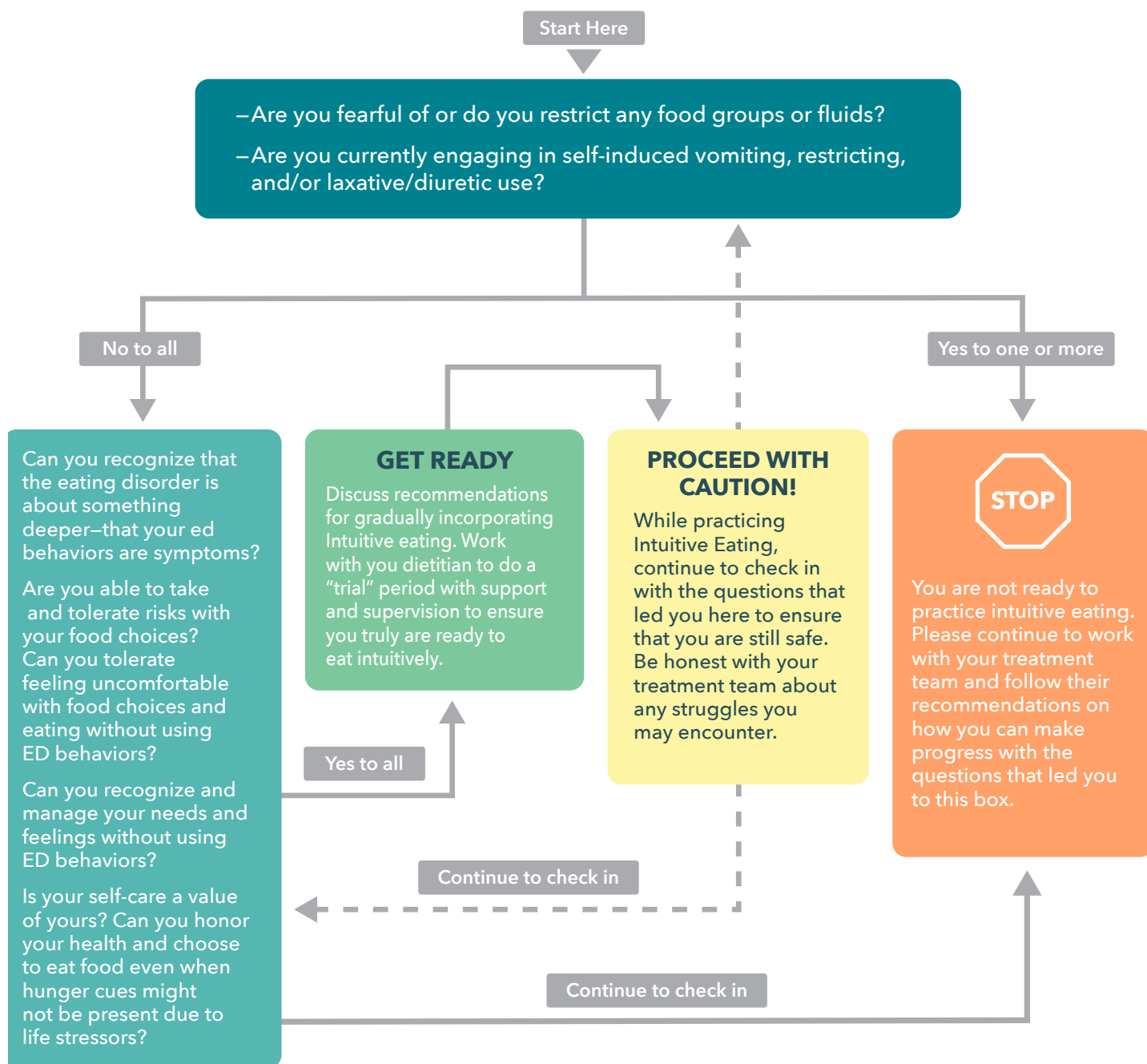
- ☐ Support system(s) redirect as necessary during all observed meals and snacks
- ☐ Support system(s) will not redirect during observed meals and snacks
- ☐ 'Debriefing' conversations after a meal or snack when concerns arise around observed behaviors.

### SUPPLEMENTING (BOOST PLUS, BREEZE, ETC)

- ☐ Supplement required for incomplete meals and snacks
- ☐ Supplement required for incomplete meals
- ☐ Other: \_\_\_\_\_

### PHYSICAL ACTIVITY

- ☐ Physical activity is not recommended at this time due to \_\_\_\_\_
- ☐ Physical activity has begun to be incorporated as part of PHP programming:
  - \_\_\_\_ times/week for \_\_\_\_ min/day
  - Allowable activities include \_\_\_\_\_
  - Prohibited activities include \_\_\_\_\_
  - Supplementation for physical activity: \_\_\_\_\_
- ☐ Physical activity can begin to be incorporated **once approved by outpatient provider**:
  - **3-4** times/week for **20-30** min/day
  - Allowable activities include **leisurely group based activities** (walking, bike riding, short hikes, etc.)
  - Prohibited activities include **running, cardio machines, high endurance activities**





## SNACK LIST A

- 1 16 oz drink ( no diet)
- 1/2 small popcorn\*
- 1 serving candy (refer to box size)
- 1 small Icee



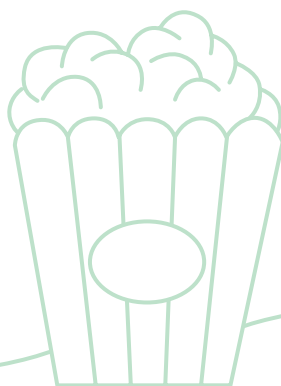
## SNACK LIST B

- 1/2 small popcorn\* + 1 (12 oz) small drink
- 2 servings candy (refer to box size)
- 1 soft pretzel + 1 TBSP cheese

## SNACK LIST C OR SHAKE

- 1 small popcorn\* + 1 16 oz drink
- Soft pretzel + cheese and 1 medium drink
- 1 small popcorn + 1 medium drink
- 1 small popcorn + box of candy

\*Assumes a small popcorn is about 8 cups



## STARBUCKS SNACK LIST A

### Choose 1 Food OR 1 Drink

1. No "light," "reduced fat," "sugar free" or "skinny" items.
2. DECAF only.
3. Choose 2% or Soy for Dairy options.
4. Do not add any sugar substitutes (Splenda, Equal) to beverages/food



### FOOD:

Everything Bagel with Regular Cream Cheese  
 Plain Bagel with Regular Cream Cheese  
 Chonga Bagel with Regular Cream Cheese  
 Cinnamon Raisin Bagel with Regular Cream Cheese  
 Kitchen Sink Cookie  
 Macadamia Nut Cookie  
 Morning Bun  
 Morning Muffin  
 Blueberry Muffin  
 Pumpkin Bread

Banana Nut bread  
 Red Velvet Loaf Cake  
 Seasonal Cookie  
 Confetti Sugar Cookie  
 Strawberry Yogurt Scone  
 Blueberry Scone  
 Egg and Cheese Box  
 Bacon, Gouda, and Egg Breakfast Sandwich  
 8 Grain Roll  
 Almond Croissant

### DRINKS: ("No Shaken Iced Beverages" or "Refreshers")

Grande Cafe Latte  
 Tall Flavored Latte  
 Tall Caramel Macchiato  
 Short White Chocolate Mocha  
 Tall Gingerbread Latte  
 Tall Pumpkin Spice Latte  
 Tall Cinnamon Dulce Latte  
 Tall Cafe Mocha  
 Tall Chai Tea Latte  
 Tall Tazo Green Tea Latte  
 Grande Tazo Full-Leaf Tea Latte  
 Grande Full-Leaf Red Tea Latte (Vanilla Rooibos)

Tall Frappuccino (any flavor, no "light" versions)  
 Tall Frappuccino Cream (any flavor, without whip)  
 Tall Iced (any flavor) Mocha  
 Tall Iced Caramel Macchiato (without whip)  
 Tall Iced Peppermint Mocha (without whip)  
 Tall Steamed Apple Juice  
 Tall Hot Chocolate (without whip)  
 Tall Caramel Apple Spice (without whip)  
 Grande Tazo full-leaf tea latte  
 2/3 Grande Banana Chocolate Smoothie  
 2/3 Orange Mango Banana Smoothie  
 2/3 Strawberry Banana Smoothie

\*Updated January 2019

### STARBUCKS SNACK LIST B

#### Choose 1 Food OR 1 Drink

1. No "light," "reduced fat," "sugar free" or "skinny" items.
2. DECAF only.
3. Choose 2% or Soy for Dairy options.
4. Do not add any sugar substitutes (Splenda, Equal) to beverages/food



#### FOOD:

Everything Bagel with Regular Cream Cheese  
 Plain Bagel with Regular Cream Cheese  
 Chonga Bagel with Regular Cream Cheese  
 Cinnamon Raisin Bagel with Regular Cream Cheese  
 Kitchen Sink Cookie  
 Macadamia Nut Cookie  
 Morning Bun  
 Morning Muffin  
 Blueberry Muffin  
 Pumpkin Bread  
 Banana Nut bread

Red Velvet Loaf Cake  
 Seasonal Cookie  
 Confetti Sugar Cookie  
 Strawberry Yogurt Scone  
 Blueberry Scone  
 Egg and Cheese Box  
 Bacon, Gouda, and Egg Breakfast Sandwich  
 8 Grain Roll  
 Almond Croissant  
 8 Grain Roll  
 Almond Croissant

#### DRINKS: ("No Shaken Iced Beverages" or "Refreshers")

Venti Cafe Mocha (without whip)  
 Grande White Chocolate Mocha (without whip)  
 Grande Tazo Green Tea Latte  
 Venti Hot Chocolate (without whip)  
 Venti Caramel Apple Spice (without whip)  
 Venti Chai Latte + 1 Fruit  
 Venti Caramel Macchiato + 1 Fruit

Venti Flavored Latte (Vanilla or Mocha) + 1 Fruit  
 Smoothie (banana-chocolate, orange-mango, or strawberry-banana) + 1 Fruit  
 Venti (Java Chip is a Grande) Frappuccino (no "light" versions) - all without whip  
 Venti Frappuccino Crème (Strawberries & Cream, Vanilla Bean, Double Choc Chip) - no whip  
 Grande Frappuccino Crème (Green Tea) - no whip

\*Updated January 2019

### STARBUCKS SNACK LIST C

#### Choose 1 Food OR 1 Drink

1. No "light," "reduced fat," "sugar free" or "skinny" items.
2. DECAF only.
3. Choose 2% or Soy for Dairy options.
4. Do not add any sugar substitutes (Splenda, Equal) to beverages/food



#### FOOD:

Iced Lemon Loaf Cake

Kitchen Sink Cookie

Morning Bun

Morning Muffin

Old Fashioned Donut

Pumpkin Bread

Seasonal Cookie

Egg and Cheese Box

PB&J Box

Cheese and Fruit Box

Almond Croissant

Banana Nut Bread

Confetti Sugar Cookie

Double Chocolate Chunk Brownie

#### DRINKS: ("No Shaken Iced Beverages" or "Refreshers")

Venti Chai Latte

Grande Caramel Apple Spice with whipped cream OR  
Venti Caramel Apple Spice, no whip

Venti Steamed Apple Juice

Grande Hot Chocolate with whipped cream OR Venti  
Hot Chocolate, no whip

Grande Frappuccino (no "lite" versions) with whipped  
cream or Venti Frappuccino, no whip

Grande White Chocolate Mocha with whipped cream  
OR Venti White Chocolate Mocha, no whip

Venti Vanilla Crème with whipped Creme

Venti Caramel Macchiato

\*Updated January 2019

EATING DISORDERED BEHAVIOR	REPLACEMENT BEHAVIOR
Use of utensils to eat a sandwich	Use hands to eat a sandwich
Cutting food into small pieces	Cutting food into bigger bites
Mixing of, or separation of, foods from format they are meant to be eating in	Eating foods as they are served on the plate
Pouring beverages on solid food (with the exception of milk on cereal)	Consume food and beverages from their original containers
Consuming condiments in excess on menu items	Using condiments in moderation to enhance, not hide flavor of food
Not touching lips to silverware	Touching lips to silverware
Drinking all fluids prior to meal	Alternate between eating and sipping
Not allowing foods to touch on the plate	Eating food as served
Isolating/staring into space	Engaging in conversation with meal mates
Spitting food out	Chewing and swallowing food
Wiping utensils with a napkin	Not wiping utensils with napkin
"Checking" or "Playing" with foods	Not checking/playing
Eating foods in a certain order	Eating foods in random order
Counting chews, excessive chewing	Chewing in normal manner
Hiding food in napkin or clothing	Eating all food served
Eating too fast or slow	Finish meal in allotted time/normal place
Wearing clothes with pockets or hoods (i.e., coats), which may be conducive to hiding food	Taking off coats, jackets, and sweatshirts with hoods or pockets before eating
Engaging in profanity or abusive talk	Engaging in normal social conversation
Regurgitating food back into mouth	Keep all food down after swallowing
Asking to substitute food at meals	Eating all foods as served
Distraction of peers with gestures	Appropriate body language
Talking about calories, food, fats, etc.	Not using "food talk"
Patting foods with a napkin to remove grease	No touching napkin to food
Smearing foods or condiments around the plate	Putting condiments directly on the appropriate food item(s)
Allowing pieces of food to drop onto floor or lap	Keeping food above the table and on the plate
Allowing condiments to get all over fingers as they are being used	Using the knife to spread condiments onto the food
Tearing or breaking cookies, crackers, sandwiches, muffins, etc.	Biting directly into the food muffins, etc.
Dunking foods inappropriately (ex. sandwich into yogurt)	No dunking foods/eating foods separately
Crumbling foods into yogurt, pudding, milk, etc.	No crumbling foods/eating foods separately
Questioning and negotiating about portion sizes at the meal	Eating food as served and not being overly focused on the food at the meal

## > STEP ONE: Validate

Convey understanding of their experience (from their point of view):

- I can understand why you feel...
- I can imagine you feel...
- No wonder you feel...
- It would make sense that you feel...

Demonstrate that you “get it” with sincerity and in a way that reflects their positive intentions, vulnerable feelings, or attempts for relief from pain:

because 1: \_\_\_\_\_

because 2: \_\_\_\_\_

because 3: \_\_\_\_\_

### Example:

I can only imagine how you might feel too full to eat this next meal

because your stomach is adjusting to eating three meals a day and snacks and that’s different from what you are used to doing

because you haven’t had this type of variety in foods in a long while and that’s new

because you physically do feel full from the previous meal

## > STEP TWO: Support (Emotional and Practical)

Offer words of support and, if needed, practical intervention such as redirection, problem solving or limit setting.

### Example:

I’m here to support you in any way that I can. Let’s get through this next meal and plan on talking to your treatment team about some ways that we can make this a bit more comfortable for you.

\*For additional scripts go to [MentalHealthFoundations.ca/Resources](https://MentalHealthFoundations.ca/Resources)

(Advanced Caregiving for Eating Disorders – 3 part video series)

# SAMPLE MENU

## – S A M P L E – MONDAY LUNCH MENU



### ENTREES

- ☐ Cheese Quesadilla [2S, 3P, 2F]
- ☐ Lentil Tacos [2S, 3P]
- ☐ Baja Shrimp Tacos [2S, 3P]

### VEGETABLES

- ☐ Carrot Sticks
- ☐ Cucumber Slices

### FRUIT

- ☐ Diced Pears
- ☐ Apple Slices

### FATS

- ☐ Guacamole
- ☐ Cheddar Cheese
- ☐ Sour Cream
- ☐ Ranch (for raw veggies)

### EXTRAS

- ☐ Salsa
- ☐ Lettuce
- ☐ Shredded Cabbage
- ☐ Tomatoes

### DAIRY

- ☐ 2% Milk
- ☐ Soy Milk (Plain or Vanilla)
- ☐ Whole Milk [1D, 1F]
- ☐ Chocolate Milk
- ☐ Yogurt:  
Strawberry or Vanilla
- ☐ Greek Yogurt:  
Strawberry or Vanilla

### SIDES

- ☐ Doritos
- ☐ Triple Chocolate Cookie

### FLUIDS

Check one:

- ☐ Cold Water \_\_\_\_ oz
- ☐ Room Temp Water \_\_\_\_ oz
- ☐ Boost \_\_\_\_ oz
  - ☐ Chocolate
  - ☐ Strawberry or
  - ☐ Vanilla

Check #1 \_\_\_\_\_ Check #2 \_\_\_\_\_ RD Check \_\_\_\_\_

First and Last Name: \_\_\_\_\_

Allergies: \_\_\_\_\_



## What is CONSISTENT, ATTUNED and REGULAR EATING?

### CARE Model Meal Plan Basics

The **CARE** model meal plan is an essential tool in the treatment of eating disorders. Eating balanced meals and snacks at consistent times lays the groundwork for recovery. Your meal plan provides an organized approach to eating; moreover, it desensitizes feared, binged, or purged foods and ensures that nutrient needs are met.

#### Following a meal plan has the following benefits:

- Helps in the planning of adequate, well-balanced meals and snacks.
- Helps restore natural hunger and satiety cues by mimicking an appetite- based eating schedule.
- Reduces food preoccupation and obsessive food thoughts.
- Increases knowledge about food and nutrition.
- Increases self-confidence surrounding food selection.

Pre-planning meals and snacks and “eating by the clock” helps provide the structure and flexibility to be successful in recovery.

### How to Use Your CARE PLAN

Your CARE plan outlines a day’s worth of food to meet your nutritional needs. Generally, meal plans consist of 3 meals and 2-3 snacks per day. However, meal plans vary and yours may not follow this pattern exactly.

### How to Build Balanced Meals

Building balanced meals and snacks is simple. Each meal contains a source of protein, produce, starch/grain, and fat. Fat will either be included or added to the meal. For example, creamy tomato soup includes fat in the recipe, whereas toast would require an added fat such as butter.

<b>Meal Equation</b>	<b>Protein + Produce (fruit or veg) + Starch + Fat</b> Ex. Scrambled eggs with berries, and toast with butter Ex. Steak with roasted broccoli, and mashed potatoes
<b>Snack</b>	<b>Combine two foods from any food group</b> Ex. Apple and nut butter Ex. Cookies and milk

## Food Groups

**Protein** foods include meat, fish, and poultry and dairy. Vegetarian proteins include beans, lentils, nuts and seeds, and meat analogs. Proteins are the building block of the body. They are vital in the development, maintenance, and repair of body tissues. Hair, skin, eyes muscles and organs are all made from protein.

**Dairy** foods include milk, yogurt, and cheese. Dairy foods provide a unique health cocktail that support bone health. Dairy foods deliver a unique health cocktail that support bone health. Dairy foods deliver substantial amounts of protein, as well as calcium, potassium, and vitamin D.

**Produce** foods include all fruits and vegetable- fresh, canned, frozen, and dried. These foods provide substantial amounts of fiber, vitamins, and minerals, as well as antioxidants and phytochemicals.

**Starch/Grain** foods include bread, pasta, grains, and starchy vegetables (peas, corn, and potatoes). These foods provide substantial amounts of fiber, iron, B vitamins, and potassium.

**Fats and Flavor** foods include oil, butter, salad dressings, mayonnaise, pesto, and gravies. Certain protein foods such as nuts, seeds, and their butters and oily fish like salmon contain fat. Fats provide energy, aid in the absorption of fat-soluble vitamins (Vitamins A, D, E, and K) and help maintain core body temperature.

## Dining Out: Entrée plus side(s)

Dining out on a meal plan can be challenging. *Entrée plus side(s)* is a guideline that can simplify food decisions when dining out. An "entrée" is a combination dish that includes several food groups. For example, pizza, lasagna, chili, cheeseburgers, and enchiladas are all "entrees." When using *Entrée plus side(s)*, first select an entrée and then add a side item - maybe fries and a beverage of choice. Examples of slides include French fries, bread and butter, an appetizer, or dessert. *Entrée plus side(s)* meals are not always balanced, and may be missing one or more food groups, which highlights an important fact: **Normal eating includes unbalanced eating; Normal eating isn't "perfect."** Examples of entrée plus side(s) meals include pasta with breadsticks, sub sandwich with chips and a soda, and a burrito with tortilla chips and salsa, and horchata.

## Variety: The Buffet Effect

Animal and human studies show that food consumption increases when dietary variety increases *within* the meal. Imagine going to a buffet: If you try a little bit of everything you tend to feel uncomfortably full by the end. Novelty makes food more enticing, so stopping an eating episode becomes more challenging if the meal contains a lot of different foods. However dietary variety across the week is vital! It ensures that vitamin and mineral needs are met, and that meals don't get repetitive and boring, which can trigger feelings of deprivation. If incorporating variety within meals makes you more vulnerable to eating disorder behaviors, aim to increase dietary variety **ACROSS** the week, while limiting variety **WITHIN** meals. *Note this guideline is not a rule, but an option to utilize when struggling with choices and impulsive behaviors around food.*

## Appetite Monitoring and Portion Guidance

Portion sizes can be misleading. Eating what is served, regardless of your felt experience, may mean eating more than your body is hungry for. Eating according to a package or label serving size, might mean getting too little. Thus, you cannot always rely on external guidelines to tell you how much to eat, so you will need to recalibrate your "appetate" so to speak.

Eventually you will be able to rely on internal signals of hunger and fullness to guide your portions; however, at the start of treatment, eating regular meals and snacks in "normal" portions is essential. Hunger and fullness work is to come!

## PREDICTABLE

Eating becomes more organized and predictable. Eating is LESS CHAOTIC. Meals and snacks are planned every two to four hours. Each meal is balanced, containing produce, protein, starch and fat (three to four food items). Snacks include 1-2 food groups and based on pleasure, nutrition needs and foods available.

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## PLANNED

Eating is planned at least 24 hours in advance. Eating is LESS IMPULSIVE. Pre-planning takes the “mood out of food” so to speak by reducing in-the-moment, emotion-based food decisions.

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## PUBLIC

Eating “challenge” foods in public. EATING IS LESS SECRETIVE. Eating in secret perpetuates the guilt and shame associated with loss of control eating. Eating trigger foods in public incorporates “forbidden foods” in a safe way.

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## PERMISSION

Eating all foods, not just the “good” ones. EATING IS LESS RESTRAINED. “Legalizing” foods so to speak, challenges the diet mentality that perpetuates the restrict-overeat cycle. Reducing restrained eating allows the habituation response to finally take hold.

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## PORTIONED

Meal and snack portions are “normalized” and less excessive, but PORTIONS ARE NOT PERFECT. “Close enough is good enough” is the take home message.

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## PURPOSEFUL

Eating becomes more mindful. EATING IS LESS DISTRACTED. Mindfulness eating perpetuates loss of control eating introducing STIMULUS CONTROL strategies and mindful eating practices reduces overeating episodes and assists with attunement.

---

## PHYSICAL

CARE model meal plans are designed to mimic an appetite-based eating schedule. EATING IS LESS EMOTIONAL. Eating is driven by the clock versus what one “feels” like eating or what one is craving.

**CARE** serves as a stepping stone towards normalized eating:

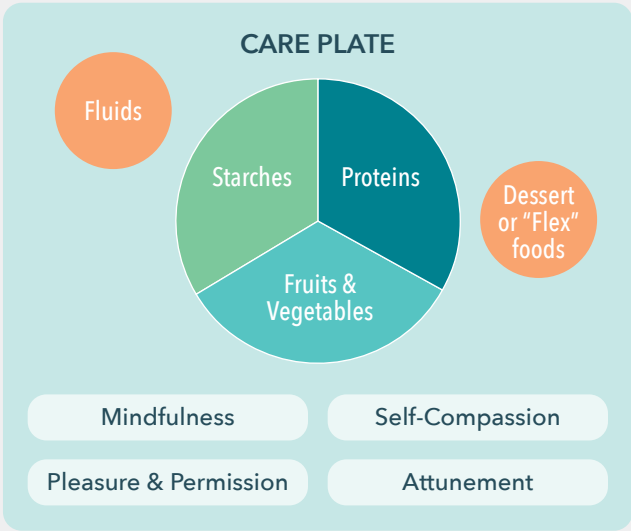
**CARE** is grounded in permission to include all foods with a visual approach that focuses on balance and variety. There is structure without rigidity. “Perfect” eating is not a thing!

**CARE** reduces deprivation-sensitive binge eating while rebuilding trust with our bodies.

**CARE** focuses on building attunement by incorporating planned, predictable eating irrespective of appetite cues, motivation, and mood. Meal plans are guidelines, not rules. With this, continue to bring curiosity to your food decisions.

	DISORDERED EATING	CARE PLAN	NORMALIZED EATING
EATING PATTERN	Unpredictable	Structured	Flexible Self-Nourishment
FOOD CHOICES	Rigid & Rulebound	Planned & Deliberate	Choose in-the-Moment
PORTIONS	Mindless & Disconnected	Portion Awareness	Based on Appetite Cue

MEAL PLAN BASICS



How Much: Portion Awareness

- 25-33% plate PLANTS
- 33-50% plate STARCHES
- 25-33% plate PROTEIN



PROTEIN	PRODUCE	STARCH	FAT
Poultry	Any Dried or Whole Fruit	Oatmeal	Nut Butter
Pork	Asparagus	Quinoa	Avocado
Beef	Green Beans	Rice	Mayonnaise
Fish/Shellfish	Peppers	Cous Cous	Butter
Eggs	Cabbage	Sweets/Desserts	Nuts and Seeds
Dairy (Cheese, Greek Yogurt, Cottage Cheese)	Broccoli and Cauliflower	Starchy Vegetables (Potatoes, Corn, Peas, Beans, Edamame)	Oils Such As Olive, Vegetable, and Canola
Nuts And Nut Butter	Tomatoes	Bread, Tortillas, Biscuits	Olives
Beans/Legumes	Onions	Crackers and Pretzels	Salad Dressing
Venison, Lamb	Lettuce	Chips	

## BREAKFAST

- Scrambled or hard-boiled eggs with toast and fruit
- Frozen waffles with peanut butter or Nutella and fruit
- Chobani Complete Smoothie or Bolthouse Breakfast Smoothies
- Make your own smoothie with ingredients such as fruit, Greek yogurt, avocado, peanut butter, chia seeds/flax seeds, etc!
- Breakfast burrito (frozen or handmade with tortilla + cheese + eggs + meat or beans) with side of fruit
- Greek Yogurt with granola and fruit/nuts
- Cereal with milk topped with fruit and nuts
- Grits bowl (microwave grits + cheese + microwave sausage/chicken sausage) with fruit
- Frozen breakfast sandwich (or make your own with English muffin + eggs + cheese + meat of choice such as bacon or sausage) with fruit
- Bagel with cream cheese and fruit
- Omelet with meat of choice, cheese, and veggies of choice + side of fruit or toast
- Oatmeal with peanut butter, cinnamon, and fruit
- Bar (such as KIND breakfast bar, Cliff bar, RX bar) + fruit
- Avocado toast with fruit
- Hummus toast with fruit
- Peanut butter toast with chia seeds and banana
- Muffin or donut + milk

## LUNCH/DINNER

- Adult “Lunchables”
  - Deli meat and cheese box: Deli meat, cheese, fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
  - PB & J box: PB & J, fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
  - Bagel box: Bagel with cream cheese or nut butter, cheese and crackers, fruit and/or veggies with dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
- Wrap or sandwich with deli meat, veggies, mayo or hummus with side of chips/crackers, nuts, and/or produce and dip
- Egg salad, chicken salad, or tuna salad on lettuce, wrap, or sandwich with side of chips/crackers, nuts, and/or produce and dip
- Frozen meal with fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatziki, nut butter, etc.)
- Grilled cheese with canned or homemade soup and produce with dip
- Quesadilla (tortilla with cheese and frozen grilled chicken or beans) with produce and/or crackers/chips and dip
- Burrito bowl: rice or quinoa with peppers and onions, frozen grilled chicken, cheese, guacamole, salsa, and beans and/or corn
- Chicken Caesar salad (pre-made Caesar salad and add frozen grilled chicken) with chips/crackers and dip
- Mediterranean bowl: rice or quinoa with frozen grilled chicken, cucumbers, tomatoes, feta cheese, olives, red onion, and hummus
- Pasta salad with produce and dip and protein of choice (chicken, fish, hard boiled eggs, steak, pork, deli meat, etc.)
- Frozen hamburger patty on bun with toppings with fries/tator tots and fruit
- Pasta with meat sauce and side salad
- Pre-made sushi with edamame and seaweed salad
- Nachos (chips with cheese, beans, guacamole, sour cream) with produce and dip
- Chicken tenders with fries/tator tots (or crackers) with produce and dip
- Frozen veggie stir fry mix with beans and/or edamame on microwave rice



## TO EFFECTIVELY SNACK PLAN...

- Incorporate variety across the week
- Explore eating disorder vulnerabilities such as those related to time of day and type of food
- Incorporate feared foods or “activating” foods to challenge eating disorder thoughts and behaviors.

## TO PREPARE...

- Combine 2 foods to create a nourishing and enjoyable combination

FOOD #1	FOOD #2
Nuts	Dried Fruit
Popcorn	Soda
Cheese	Apple
Oreo's	Milk

## CONSIDERATIONS:

- “Activating” versus “Non-activating” in terms of eating disorder behaviors
- “Supportive” versus “Unsupportive” of recovery
- Aligned with eating disorder or aligned with recovery
- May also consider medical conditions and whole body health



Snacks are an important part of meal planning for recovery – they help us move through the day without too many hours passing without eating, and they help to keep feelings of hunger more gentle, rather than feeling ravenous going into our next meal.

As a general rule-of-thumb, try to combine 2 foods to create a nourishing and enjoyable snack. For a combo that will leave you feeling extra satisfied, try combining two food groups – a carbohydrate with a protein and/or fat - this combo provides a good source of energy from the carbohydrates, and helps our stomachs feel satisfied for longer with the fats/proteins.

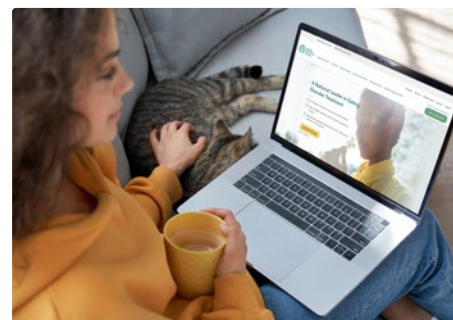
Here are some sweet and savory snack ideas to get you started!

SWEET	SAVORY
Granola and yogurt	Chips and guacamole and/or salsa
Cookies and milk	Snap peas or carrots and hummus
Apples and peanut butter	Apples and cheddar or gouda cheese
Ice cream topped with walnuts/pecans	Pears and bleu cheese
Graham crackers and Nutella	Pita bread or chips with hummus
Popcorn mixed with chocolate/M&Ms	Popcorn with mixed nuts
Chocolate hummus and fruit or pretzels	Cheese stick with chips
Trail mix with a piece of fruit	Wheat thins and cheese or cheese dip
Raisins and roasted almonds	Salami/deli meat and BabyBel cheese Cereal and milk
Cereal and milk	Tortillas and cream cheese rollups
Granola bar with fruit juice	Caprese (tomatoes, cheese, basil)
Latte/hot cocoa with biscotti	Tuna and crackers
Banana bread and milk/yogurt	Corn chips and bean dip
Yogurt covered pretzels with fruit	Peanut butter pretzel nuggets with milk
Choco covered almonds with milk/yogurt	Chex mix with soda
PB and J sandwich (half or whole)	Bagel with cream cheese
Cottage cheese and fruit (canned or fresh)	Avocado toast
Instant oatmeal with diced nuts or PB	Hardboiled eggs and pretzels or crackers
Dried mango and sunflower seeds	Beef jerky and carrots/cucumbers
Figs or dates with peanut butter	Celery sticks with peanut butter

➤ Portion sizes are something you can talk individually about with your dietitian. They can vary depending upon your specific needs. How many snacks you incorporate into a day can fluctuate.

One time per month, we will have a “challenge meal” where all participants are asked to bring a meal that challenges their eating disorder. It will be your responsibility to bring this meal to group as well as discuss with your dietitian during your weekly sessions what would be best for you to bring during this group.

The purpose of this group is to provide a safe, comfortable environment for you to be able to challenge your eating disorder thoughts and behaviors while meeting your nutritional needs. To provide a safe space for our meal, the following meal expectations/guidelines have been set in place:



## MEAL EXPECTATIONS

- Please have all components of your meal prepared and ready to eat when the group begins after warming food during the meal prep break.
- If you are unsure of portions, you are encouraged to do your best and request the RD in the meal to observe your picture in Recovery Record to provide guidance at the start of the meal. Your individualized RD will also provide feedback.
- You are expected to take a picture prior to eating your meal and upon completion of your meal and upload them to Recovery Record.
- Meals will start with everyone in the group sharing what they will be having, setting an intention and checking in with current hunger/fullness level.
- You are encouraged to complete 75-100% of your meal.
- Upon completion of the meal the group we will check-out from the meal. This process includes checking in with hunger/fullness level again, sharing a challenge from the meal and a success as well as checking in with oneself to see if the meal felt satisfying.
- Wait for the entire group to be present before beginning to eat.
- Meals are 30 minutes. Time reminders will be given at the halfway point and when there are 5 minutes remaining.
- Utilize the restroom prior to the beginning the meal.
- Remain present until mealtime is completed. No one is permitted to get up once the meal has begun.
- Maintain appropriate table conversation. Keep in mind that examples of inappropriate/non supportive conversations include but are not limited to:
  - Food talk, treatment related issues, questioning the menu/portion, discussion about drugs/alcohol/partying/etc.
- Remember – It is okay for the mealtime to be fun! Feel free to bring up various discussion topics or games that may spark lively conversation and help support one another.

## Setting a Mealtime Intention is Required

Mealtime intentions are thoughtful and meaningful to your recovery. Intentions challenge your eating disorder thoughts in-the-moment.

### Examples include:

- Engaging in opposite action to emotion – this may mean completing the meal if you are feeling restrictive or leaving a few bites behind if you are feeling compulsive.
- Challenging judgements about carbohydrates or other food groups via thought reframing or cognitive defusion.
- Engaging in mindful eating practices such as focusing on the taste of the food, putting the fork down between bites, or staying present.
- Staff will help in redirecting eating disorder behaviors at meals in order to challenge these behaviors and to create a safe, behavior free, fun environment to eat in.



## MEAL IDEAS

- Frozen meal with fruit and/or veggies, crackers/chips, dip (hummus, guacamole, ranch, tzatzik, nut butter, etc.)
- Grilled cheese with canned or homemade soup and produce with dip
- Quesadilla (tortilla with cheese and frozen grilled chicken or beans) with produce and/or crackers/chips and dip
- Burrito bowl: rice or quinoa with peppers and onions, frozen grilled chicken, cheese, guacamole, salsa, and beans and/or corn
- Chicken Caesar salad (pre-made Caesar salad and add frozen grilled chicken) with chips/crackers and dip
- Mediterranean bowl: rice or quinoa with frozen grilled chicken, cucumbers, tomatoes, feta cheese, olives, red onion, and hummus
- Pasta salad with produce and dip and protein of choice (chicken, fish, hard boiled eggs, steak, pork, deli meat, etc.)
- Frozen hamburger patty on bun with toppings with fries/tator tots and fruit
- Pasta with meat sauce and side salad
- Pre-made sushi with edamame and seaweed salad
- Nachos (chips with cheese, beans, guacamole, sour cream) with produce and dip
- Chicken tenders with fries/tator tots (or crackers) with produce and dip
- Frozen veggie stir fry mix with beans and/or edamame on microwave rice

### ADD YOUR FAVORITE MEAL IDEAS HERE:

## Welcome to Eating Recovery Center's Virtual Intensive Outpatient Program meal group!

We will meet three days per week. You will be responsible for having a meal prepared and ready to eat during the designated meal hour. These meals can be prepared at home, purchased at a dining hall, or picked up from a restaurant or store.

Your meal plan (i.e. CARE Plan) provides structure and thus it is important for you to bring all components to group. **If you do not have a meal plan from your dietitian as of yet, please try to use the following as a guide:** Protein + Produce (fruit/veg) + Starch. Optional dairy. Flex foods such as desserts and chips are regularly recommended.

You are encouraged to plan meals for the Virtual IOP meal group with your dietitian during individual sessions or via Recovery Record, especially when expanding variety and incorporating new foods or ones you have not had in a while. We know it may be challenging to start eating in a different way, but it is such an essential step in the recovery process. The chart below provides basic component examples, but it is *not personalized for you*. Remember *amounts vary* and do not matter, close enough is good enough.



STARCHES/GRAINS	PROTEINS AND DAIRY	FLEX FOODS OR DESSERTS	FATS & CONDIMENTS
Bread	Eggs	Rice Krispy treat	Cheese
Oatmeal	Cottage cheese	Cookies	Butter
Pasta	Cheese	Cake	Oil
Pasta	Meat/fish	Cupcake	Salad dressing
Corn	Tofu	Chips or pretzels	Mayo
Baked potato	Nuts/seeds	Garlic bread	Mustard/ketchup
Mashed potatoes	Peanut butter	Fresh bread	Cream cheese
Tortilla	Sausage links	Tortilla chips	Guacamole
Dinner roll	Milk		Ranch dip
Burger bun	Yogurt		Sour cream
Pita bread			Salsa

	EXCHANGE PLAN	PLATE METHOD / CARE PLAN	INTUITIVE EATING
<b>Description</b>	Prescriptive meal plan with specific food groups and portions indicated for each eating time. Loosely based on the diabetic exchange system. Provides a highly structured plan of eating.	Focused on achieving adequate, well-balanced meals and snacks. Provides guidance on food groups to include along with flexibility around portions so they are more “normalized” and less prescriptive.	A flexible, non-judgmental approach to eating in response to hunger, fullness, and satisfaction rooted in body trust and respect.
<b>Indicators for Use</b>	<ul style="list-style-type: none"> <li>• Weight restoration</li> <li>• Restrictive ED Behaviors</li> <li>• Medical condition(s) requiring specific nutrient guidance/monitoring</li> <li>• Difficulty/inability making food decisions</li> <li>• Portion distortions</li> </ul>	<ul style="list-style-type: none"> <li>• Non-Weight Restoring</li> <li>• Readiness to begin building hunger/fullness awareness and responsiveness</li> <li>• Ability to implement flexibility with food decisions</li> <li>• Prescriptive meal plan triggers diet mindset</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrated weight stability</li> <li>• Significant period of ED behavior interruption</li> <li>• Attunement to hunger, fullness, and satisfaction</li> <li>• Lack of food rules and judgements</li> <li>• Body trust</li> </ul>
<b>Appropriate Level of Care</b>	Inpatient through Outpatient	Residential through Outpatient	Outpatient

\*These are general guidelines. An eating disorder dietitian will be able to assess and make individualized goals for assigning and progressing meal plans.

\*\*It is important to note that the vast majority of eating disorder patients will require an exchange-based meal plan and will remain on this long into outpatient care.

EXCHANGE PLAN

PLATE METHOD / CARE PLAN

INTUITIVE EATING

