



Families Empowered and Supporting Treatment
of Eating Disorders

A close-up, macro shot of a large pile of multi-colored jelly beans. The colors include various shades of blue, green, yellow, pink, red, and white. Some of the white jelly beans are decorated with small, colorful speckles. The lighting is bright, creating highlights and shadows on the smooth, glossy surface of the beans.

Welcome to the F.E.A.S.T. Family Recipe book!

The parents of F.E.A.S.T. have a lot of experience with feeding their children during recovery from an eating disorder. What once seemed the most natural thing in the world can become a confusing and strange experience when anorexia or bulimia are at the dinner table as well.

The recipes in this book are of two types: recipes for foods, and recipes for recovery. These recipes represent the experience, the wisdom, the work, and the joy of families struggling toward recovery.

For more of the wisdom and humor of the F.E.A.S.T. community, please visit our website at

FEAST-ED.org and our online forum at
AroundTheDinnerTable.org

F.E.A.S.T. Family Recipes

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Acknowledgment

To all the F.E.A.S.T. families and the Around the Dinner Table online forum.

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We Believe

- * Eating disorders are biologically based mental illnesses and fully treatable with a combination of nutritional, medical, and therapeutic supports.
- * Parents do not cause eating disorders, and patients do not choose eating disorders.
- * Parents and caregivers are a powerful tool for a loved one's recovery from eating disorder.
- * Blaming and marginalizing parents in the eating disorder treatment process causes harm and suffering.
- * When available, patients should receive evidence-based treatment.
- * Families should be supported in seeking the most appropriate treatment in the least restrictive environment possible.
- * When the family is supported, the patient is supported.
- * Siblings and all family members are affected by a family member's illness, and deserve full attention to their needs.
- * Parents have unique abilities to offer other parents support, information, and the wisdom of experience.

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Favorite Family Recipes

Magical Milkshakes from the Gryffindor House

1 cup Haagen Dazs Ice Cream [any flavor] 500 calories

1/2 cup Heavy Cream 200 calories

1 package Carnation Instant Breakfast powder
250 calories

Put in blender & whip up a spellbinding treat that's both delicious and nutritious for your child.

2 servings of this potion per day adds almost 2000 calories and it's curtains for Voldemort's [aka ed] curse!

A third shake or more may be needed in cases where the "dark lord" has made eating solid foods too difficult for his victims. See Horcrux.



Overprotective Scrambled Eggs, from the Collins Family

Eggs
Heavy cream (or similar)
Butter (real)
Salt and pepper to taste
Crumbled bacon (optional)

We usually counted two eggs per person and added an extra for the pot. Added about a tablespoon of cream for each pair of eggs.

The key to yumminess with this, I found, was patience and butter. I prepped the pan with butter and found a frying temperature that was just high enough to harden the eggs, but too low to make them hard and grainy (this took practice).

I coddle and nudge and SLOWLY cook the eggs, adding more butter halfway through to keep it from sticking.

Cook until eggs are shiny and fluffy but no liquid in pan.

Side note: my daughter, when she tried to recreate mom's eggs after she moved away, kept having them stick to the pan and not taste that good. "More butter" and "be patient," I'd say. It took a while for her to "trust the butter." Now she makes them in the family fashion and her roommates and boyfriend like them, too.

Karen's Peanut, Bacon and Avocado Sandwich:

Ingredients

8 thick slices of wholemeal bread, buttered

2 tbsp crunchy peanut butter

2 tbsp mayonnaise

8 rashers bacon, grilled

1 ripe avocado, thinly sliced and sprinkled with lemon juice

shredded iceberg lettuce

freshly ground black pepper

1. Spread the peanut butter on four slices of bread and mayonnaise on the other four.
2. Place the bacon, avocado, lettuce and pepper on the peanut butter spread slices and top with the mayonnaise spread slices. Cut each round into four.

**Feast Believes in Full
Recovery!**

Power Smoothie, from the Going Strong in JAX family

1 cup heavy whipping cream
1 scoop of Whey Protein Powder
6 oz strawberry banana yogurt
1/4 cup milk
2-3 strawberries
1 banana



Mix above in blender and serve.

This tasty smoothie is packed with approx 1200 calories. It is a great way to get in those much needed calories. Serve with breakfast or any other meal.

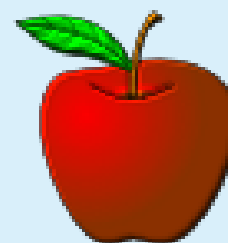
Family of Four Fights On Hashbrown Casserole

1 large bag frozen hashbrown potatoes
6 T butter
1 c shredded cheddar cheese
1 c shredded swiss cheese
2 c whole milk or cream
8 eggs
Salt to taste



Place thawed hashbrowns in buttered casserole. Place in oven heated to 350 degrees and cook until beginning to brown. Mix remaining ingredients and pour over hashbrowns. Cook until firm.

Food is Medicine!



Claire's Hot Chocolate

Hot Chocolate

1 cup half-and-half
1 packet Carnation
Instant Breakfast
1 packet hot chocolate
powder

Heat half-and-half in a microwave for 1 minute and 20 seconds. Mix in packets of Carnation Instant Breakfast and hot chocolate powder.

Karen's Hot Chocolate (416 calories)

3 oz. milk chocolate; 1/4 teaspoon vanilla; 1 teaspoon butter; 1 c. Half & Half®; Melt chocolate and butter. Add vanilla and slowly stir in Half & Half®, small amounts at a time. Reheat to desired temperature.

Karen's Hot Cocoa

2 T butter
1 T cocoa powder
1 c premium vanilla ice cream (substituted for the 1/2 c sugar in the original recipe)
1 c whole milk (you could substitute 1/2 c cream, 1/2 c milk)
3 T Ovaltine
1 t vanilla (optional)

Melt butter, add cocoa stir. Add ice cream, melt & stir. Add milk, ovaltine and stir. I put it in the blender before it got really hot and returned it to the pot to heat. This made it creamier.

This is a total of 785 calories (more if you do the cream/milk combination).

You could add marshmallows if you like, too!

Peaceful Sleep Oatmeal , from the Waves family

1/2 Cup Whole grain old fashioned oats
3/4Cup water
1/2 Cup pumpkin pie filling (or 1/2 cup frozen sweetened berries)
1 TBS sugar or honey

Rob's Wife's Oatmeal recipe

1000+ calorie

INGREDIENT	CALORIES
1/2 cup oatmeal	150
1/2 cup heavy whipping cream	400
1/3 cup water (to make it less thick)	
1/4 cup raisins	130
COOK THIS 2-3 minutes in microwave	
Add:	
1/4 cup sunflower seeds or nuts	200
1/2 banana	50
1 scoop protein powder	100

Microwave oats and water for about a minute. Stir in pumpkin or berries, and heat for another minute or so, until steaming hot.

Top with sugar or honey and stir.

Makes one serving, 250 calories.

When my daughter needed more calories, we replaced the water with milk, and used packets of vanilla or strawberry instant breakfast powder to sweeten. This adds an additional 100-250 calories to the oats. Sometimes, we tossed in raisins or almonds too. Its a very nutritious bedtime snack and it really helped my daughter sleep at night. Since it was healthy, she didn't feel guilty about eating it and she really enjoyed having something warm and comfy before bed.

Sweetpetite's Chicken Bake

Take one or two packets of Lipton “savory garlic and herbs” instant soup.

Mix it with 1/2 C olive oil and 1/2 C water (this can be adjusted depending on how much chicken you are cooking - just use equal parts oil and water - with 2 packets I am usually cooking a large family size package of chicken thighs) Microwave mixture for 30 seconds and stir.

Pour over chicken thighs in glass baking dish (I usually oil the baking dish first)- just enough to coat each piece of chicken well with a little extra around the meat - but not to swim in (you want the skin to get crispy).

Bake until chicken is done and skin is crispy - its delicious.

Sweetpetite's Risotto Rice Chicken Alfredo

Prepare risotto rice per package directions (sauté onions in butter and olive oil, add 1 c risotto and add 3 c chicken broth one cup at a time until absorbed)

Put rice into buttered glass baking dish

Cover with ½ jar ragu Alfredo sauce (or what ever kind you like)

Put boneless skinless chicken breast on top (or chicken thighs)

Cover with remaining Alfredo sauce

Bake at 350 for 45 min to 1 hour until nice and bubbly and the chicken is done.

Zeecel's AM repair's family recipe for:

Sneaky Pancakes

1 cup Aunt Jemima's Buttermilk complete
pancake mix
1/2 cup of heavy whipping cream
1/4 cup of water (may need more) to thin



Mix all ingredients.

Measure each pancake out with a quarter cup measuring cup. Makes 6 decent pancakes. Layer with butter and smother with syrup.

3 pancakes with the butter and syrup are 620 calories.

For even more calories, add an 8oz glass of whole milk with 4 tablespoons of heavy whipping cream for an additional 350 calories. (We add a little coffee and call the whole drink coffee.

Breakfast = 970 calories and it looks small! Add heavy whipping cream to EVERY glass of milk. Easy way to boost calories.

Cheforexic's Salads

I used to make salads that had lots of calories and a huge variety of foods. I'd use creamy dressings, nuts, hard-boiled eggs, real bacon bits, sunflower seeds and diced ham, turkey and pepperoni.

I'd also use Spinach rather than lettuce as a base for significantly more iron.

Choke's mix and match salad ideas:

avocado
croutons
bacon bits
shredded cheese
fried holloumi
potato salad
coleslaw
olive oil, caesar dressing
pine nuts
chicken/tuna mayo
garlic sausage/salami/pepperoni
Sour cream
Pesto

Serve with thick buttered bread.

Maria's Ecuadorian Flan To Live For

Flan

1 can condensed milk
1 can evaporated milk
1 cup of sugar
4 eggs
2 tsp vanilla

Preparation

Blend in a blender all ingredients at once
In a pyrex pan melt 1 cp of sugar
Once the sugar is crystallized pour the mix on top of it.
Put a pan with water on the bottom rack of the oven and place the flan on the top rack. Bake at 350F for about 45 minutes. Ovens vary so you may need to experiment with temperatures and times. Basically, if you put a sharp knife into the flan it should come out clean. Don't let it get too hard. The flan will get brown on top. Let it cool off completely then put in the refrigerator overnight. The next AM dislodge it with a sharp knife, turn over on a plate and it will fall by itself.

Coconut Flan - Same recipe but add a cup of shredded coconut and about 1/4 cp more milk

Torta Tres Leches (Cake with Three Milks)

Ingredients

1 pound cake or another very heavy yellow or white cake that doesn't crumble
1 can evaporated milk
1 can condensed milk
1 cup of whipping cream
1 can of peaches in heavy syrup

Wait until cake is completely cooled.

Mix in the blender both milks, cream and the syrup of the peaches (save the peaches). Blend briefly and only until the liquid ingredients are mixed. Don't let it thicken too much. Put about ½ of the mix in a bowl. Then place the cake upside down and spoon the rest of the mix over the cake. Refrigerate and cover with Saran Wrap. After a few hours spoon more of the "milk mix" over it. Finally, spread whipped cream over the top of the cake and decorate with the sliced peaches. It is best to leave it soaking overnight. Keep refrigerated until ready to eat.

Family of Four Fights On Quick and Easy Muffins

1 box spice or carrot cake mix
1/2 c canned pumpkin pie mix
1 1/2 c sour cream



Mix all ingredients in a large mixing bowl until well blended. Pour into large muffin tin and bake according to the cake box directions. The amount of sour cream and pumpkin mix can be adjusted to increase/decrease calories. If other cake mix flavors are used, substitute pumpkin pie with applesauce. Additions: nuts, raisins or chocolate chips.

From FEAST:

Full recovery means a patient is physically healthy, self-regulating in food and activity levels, emotionally stable and has insight into his or her behaviors. This cannot be done without full nutritional rehabilitation.

Gryffindor House

Mrs. Weasley's Meat Loaf

2 eggs
1/2 cup milk
1 (6 ounce) package instant stuffing mix
2 pounds ground beef
Ketchup



and...any other spices that strike your fancy! In a large bowl, beat eggs and milk. Add stuffing mix and contents of seasoning packet; mix well. Add beef; mix well. Press into an ungreased 9-in. x 5-in. x 3-in. loaf pan. Top with ketchup. Bake, uncovered, at 350 degrees F for 1-1/4 to 1-1/2 hours or until no pink remains and a meat thermometer reads 160 degrees F.

An easy way to make a delicious dinner, and leftovers are yummy too!

L's legendary (on the ATDT forum) Muffin Recipe

1 stick butter (8 tablespoons)
1.5 cups sugar
2 eggs
2 cups flour
1 teaspoon salt
half teaspoon baking soda
1 cup mashed banana (I use 2 bananas)
half teaspoon vanilla
half cup sour cream
plenty of chopped walnuts or pecans (I don't measure these, but probably put in at least 2 cups)

Mix together the butter and sugar, then the eggs. Mix together the dry ingredients first, then add to the butter/sugar/egg mixture. Next add the banana, sour cream, and vanilla. Last add the nuts.

I put all of this mixture into a non-stick pan that has 4 LARGE muffin tins. That is key. Just make a huge muffin look like the normal size...none of this small cupcake sized muffin business!!! Each of these muffins should have about 1000 or more calories. And they are delicious! My d asks for them now even though she has moved on to less calorically dense breakfasts!

Gyffindor House's Hagrid's Mac and Jack

8 ounces elbow macaroni, cooked and drained

2 tablespoons butter

2 tablespoons flour

1 1/2 cups milk

1 cup heavy cream

2 cups Colby Jack cheese

2 cups shredded Pepper Jack cheese

1 teaspoon salt

1/4 teaspoon pepper

1 teaspoon Dijon mustard

Crushed red pepper flakes to taste

2 cups crushed seasoned croutons

You can also add diced ham or bacon, or other delights as you see fit.



DIRECTIONS

Preheat oven to 350 degrees F.

In a medium saucepan, melt butter.

Stir in flour and cook, stirring for 1 minute.

Stir in the milk and cream, and bring to a gentle boil.

Remove from heat and add shredded cheeses one cup at a time until completely melted.

Add salt, pepper, mustard and red pepper flakes and stir until smooth.

Stir in cooked pasta and coat evenly with cheese, then pour into shallow 2-quart baking dish.

Sprinkle crushed croutons over top and bake for 30 minutes. Let stand 15 minutes before serving.

Serves 8 and makes yummy leftovers to boot.

Claire's Baked French Toast

1 baguette, about 24 inches
2 eggs
1 cup half-and-half
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon vanilla
¼ teaspoon salt
Cooking spray
Cinnamon and sugar mixed

The night before, cut baguette into ¾-inch slices (28–30). Tightly pack into 9x13-inch baking dish.

In medium bowl whisk eggs until well blended. Add half-and-half, cinnamon, nutmeg, vanilla, and salt. Pour mixture evenly over bread. Turn bread over to soak overnight. Cover baking dish with plastic wrap and refrigerate overnight.

In the morning spray bottoms of two large baking sheets with cooking spray. Place cold, soaked bread slices on baking sheet, mopping up excess egg mixture. Spread slices out and ensure they are separated.

Bake in 425-degree oven (on middle rack) for 8 minutes. Spray top of bread with

Butterfly's Bodacious Makes Your Booty Grow Blend Smoothie

My d has mono and can barely swallow now, so milkshakes have truly been a lifesaver. I've been able to pack over 1,500cals into a large one :) .

-Instead of milk I use the Hershey Vanilla Milkshakes (found by the milk in our grocery store) because they aren't much thicker than whole milk but pack over 600 cals into one bottle, plus d and I both think they taste GREAT!

-2+ cups of Haagen Daaz ice cream (let d pick the flavor).

-Hershey chocolate syrup or strawberry syrup (many tbspoons) if we're making choc or fruit flavored.

-If it's vanilla flavored sprinkle 2-3 tbspoons brown sugar on top/mixed in.

-Peanut butter goes excellent with chocolate or vanilla, and if I make a pb-banana shake my d feels like it's 'healthy' which can help ease her anxiety if it's hard day with ed.



Flgirl's Non Dairy Smoothie

1 cup Edy's whole fruit strawberry sorbet (240 calories)
2 T Hershey's strawberry syrup (100 calories)
1/2 cup Rice Dream rice milk (65 calories)

We usually use soy milk, and heavy whipping cream in our shakes, but decided to try the rice b/c rice milk usually doesn't add to the flavor and was afraid the soy milk would overbear the strawberry.

Again, I felt it was a bit too sweet, but d loved it! We intend to tweak this so it will make more..this only made about 2/3 of a large coffee mug.

Edy's sorbet is very tasty and intend to try the berry flavored one too.

Kathie's Oatmeal

1/2 - 1 cup Old-fashioned Oats
3/4 cup Soymilk
1 package French Vanilla Carnation Instant Breakfast
1 good handful of blueberries

Mix Oats and Soymilk in a bowl, heat in the microwave for 1-2 minutes.

Stir Instant Breakfast into the oats, making sure its done well

Top with a handful of berries and serve while warm.

Also, if its a warm day, we use Swiss Muesli instead of the oats so it doesnt have to be heated.

You can also add nuts, maple syrup, or honey for extra calories. My daughter loves almonds and syrup. She tops greek yogurt with it sometimes.

Road to Recovery -- KT's tropical Smoothie

1 cup Mango/Peach/Passion Sherbert (this is a Publix Brand item)
1/2 cup half and half

Blend well. 357 calories, 6 g protein Can be made with any flavor of sherbert you desire; you can use heavy cream as well for a total of 407 calories. We tended to make this in the kitchen and deliver it to our daughter in the TV room, as the sight of the half and half container was a stumbling block for her.

5 minutes

Sandy's Tomato-Basil Cream Sauce

4 Quarts Fresh Plum Tomatoes
6 cloves garlic, chopped fine
1 cup basil leaves
½ cup olive oil
2 Six oz. cans of tomato paste
1 cup heavy cream (or 2!)
Dash of baking soda
Salt and pepper to taste



Plunge tomatoes in boiling water for 30 seconds, and peel when cool

Cut tomatoes in large pieces and add to pot.

Add half of the basil leaves and simmer slowly for 30 minutes.

Add a dash of baking soda to the stewing tomatoes.

(It will cut down on acidity and make a more mellow sauce.)

In a frying pan, sauté garlic in olive oil gently for a few minutes.

Be careful not to brown!

Add the tomato paste and stir into the garlic and olive oil.

Sauté gently for 5 minutes.

Stir the tomato paste mixture into the tomato basil mixture.

Add salt and pepper to taste—remember, you will be diluting the flavors with the cream later so you want an intense mixture

Add the rest of the basil and simmer for 1 hour, stirring occasionally.

Add the heavy cream to the now-thickened mixture and stir to blend.

Like a pinker sauce? Add 2 cups cream-it's all good!

Serve with ravioli or tortellini and lots of Romano cheese!



DH's Creamy Cheddar Soup

1 small onion diced
2 large pimentos diced
3 tbsp. butter
3 tbsp. flour
1 1/2 cups chicken stock
1 1/2 cups cream (I used whipping cream 35%bf)
3/4 cup grated cheddar cheese
1/2 cup green onions
salt and pepper to taste
dash of cayenne pepper (optional)



In saucepan saute onions and pimento in butter for 5-7 minutes.
Blend in flour, add chicken stock and cream. Cook until thickened.
Remove from heat and stir in cheese until melted. Add 1/4 cup green onions sliced. Salt and pepper to taste.
Garnish with remaining green onions.

Malia's Coconut Chicken Soup:

1 can whole coconut milk
3 cups chicken broth
1/2 cup rice (brown is okay)
1/4 teaspoon red pepper flakes
1 inch piece of ginger peeled and chopped, or
1/4 teaspoon powdered ginger (if using
powdered, whisk in well--it wants to float on top)
1 teaspoon salt
1 teaspoon sugar
Juice of one lemon or two limes
1 tablespoon fresh basil or one teaspoon dried
2 cups chopped cooked chicken

Put everything except chicken into a pot over medium high heat. Bring to a boil, turn heat to very low, and simmer until rice is cooked (30-45 minutes for white rice or up to 1.5 hours for brown). Add chicken and heat through. Thai happy chicken soup at home!

Malia's Tips on Coconut Milk:

You can drink coconut milk straight. As for brands, I have Goya in my pantry right now, but have also used Thai Kitchen brand, and other brands that my health food store carries. The milk itself isn't cloyingly sweet. Note that coconut milk and creme de coconut (which is typically used in pina colodas and found in the bar mixer section) are different products. The creme de coconut is very thick and heavily sweetened.

Coconut milk is awfully good poured over granola in place of cow's milk. It's fine on many other cereals, too.

Use the milk as a water replacement (1/2 or 3/4 or all, depending on how much taste you want) in plain rice or mild pilafs--full flavor in nutty ones is great.

Use coconut milk in place of regular milk in egg custard or pudding recipes.

Use it rather than milk or other liquid (other than oil) in muffins.

Make chocolate milk with it.

Use it in shakes of all kinds. For a yummy tropical no-milk shake: tofu ice cream, coconut milk, big splash pineapple juice, a banana. Whir in blender and serve. For a chocolate shake, omit the pineapple juice and add chocolate syrup. OJ and coconut milk plus the ice cream is also good.

Make a spread of softened cream cheese, some coconut milk, maybe some flaked coconut, too. Serve on toasted bagels, toast, or even crackers.

KMTMB's Broccoli Almond Salad

3 cups fresh, steamed broccoli - chopped
2/3 cup rasins
1/4 cup chopped red onion
1/2 cup almonds
2 Tablespoons sugar
3 Tablespoons cider vinegar
1 cup plain Greek yogurt

After chopping up your vegetables, combine them in a large bowl with the raisins. Run almonds through a blender once or twice, or just chop them very coarsely so they are smaller pieces that still give a good crunch. Add almonds to the vegetables/raisins and mix well.

In another bowl, mix together the Greek yogurt, sugar, and cider vinegar. After stirring the ingredients well, pour the dressing over the broccoli/almond mixture. Refrigerate overnight, or at least for two hours before serving.

I serve this with either tofu or turkey. But I'm sure any sort of meat or meat

SHOW NO FEAR: THE CLANCY FAMILY's *Loaded Potatoes*

6 potatoes, sliced or diced
1/3 cup water
1 stick butter
1/4 cup cream reg or heavy
1/2 cup sour cream
1/2 shredded cheese
crumbled bacon bits with diced green/red onion to garnish

In skillet pan melt 1/2 stick butter, add potatoes 1/3 cup of water to help cook potatoes cover & cook over medium heat for approx. 8-12 minutes. Add desired cream, sour cream and shredded cheese and other 1/2 stick butter on top of potatoes, cover & let simmer 5-10 minutes low heat, garnish with crumbled bacon, diced green/red onion. serves 4-5
calories: nobody is counting

Show No Fear The Clancy Family's *Make-Ahead Mashed Potatoes*

8 Large potatoes, pared
8 oz. cream cheese
1/4 cup sour cream
Butter
salt & pepper to taste

Boil potatoes in salted water until tender. Drain and whip with hand mixer, Add cream cheese, sour cream, salt & pepper; continue to whip until smooth. Put in greased 2 quart casserole or baking dish, top with pats of butter as desired. Potatoes may be cooked immediately or covered and stored in refrigerator for several days uncooked. Bake uncovered at 350 for 30-35 minutes until heated through.

Goes great with beef, pork or chicken and with lots of gravy on top too!!!!

The Spooners *Even More Complete Pancakes*

1 c. "complete" pancake mix -- the "just add water" type
1 extra large egg
1/2 c. heavy whipping cream
1/4 c. water

Make "complete" pancake mix even more complete by mixing ingredients together and cooking two large pancakes on hot griddle.

900 plus cals.

Serve with butter and syrup for even more. If you wish, add walnuts, choc. chips and/or protein powder)

10 mins.

Phoenix & Company Recipe for Disaster

1 starving, exercise-crazed 15-year old girl
1 terrified mother
1 well-meaning uninformed pediatrician, ideally a specialist in adolescent medicine
1 well-meaning blame-the-parents psychiatrist recommended by MD
1 snide, secretive nutritionist
1 well-meaning spooked guidance counselor
1 well-meaning but inexperienced young principal

Place mother in waiting room.

One by one, place each "professional" in another room with starving teenager.

Bring mother back in and with three in the room tell daughter she's "doing a great job."

Confirm daughter's suspicion that mother doesn't know anything about "this stuff."

Tell speechless mother to back off.

Tell beaming daughter to "keep it up."

When mother protests that daughter is in danger and there needs to be a plan, say "We have a plan!"

When daughter says "You see? My mom's a psychopath!" gently suggest that mother should get help.

Prep time: 6 months to 1 year for full disaster to strike

To improve outcome, reduce initial prep time to 1 week.

Immediately proceed to Reverse Recipe (next submission).

Phoenix & Company Reverse Recipe (a.k.a Recipe for Recovery)

1 starving, exercise-crazed 16-year old girl
1 determined mother who has stumbled onto Maudsley Parents blog online and understood that anorexia is a biologically-based disease

Begin refeeding by any available means (in our case it was 7 weeks of residential treatment).

As soon as possible but not without full background checks, replace all previous ingredients with integrated FBT team that includes mother.

Provide principal and guidance counselor essential reading & guidelines for phased return to school.

Create air-tight schedule for recovery.

Cross fingers and practice Gandhi-like resistance when required.

Tell daughter at least ten times a day she is "doing a great job."

Add additional amounts of praise and encouragement as needed.

Remember to breathe!

Phoenix & Company Can't Lose Shake

1 medium banana
1/4 c. favorite ice cream
1 pkge vanilla or chocolate Carnation Instant Breakfast
2 tbsps. plain or vanilla yogurt
2 tbsps. Nutella
2 tbsps. chocolate or coffee protein powder (we use Nature's Plus Spiru-Tein)
1/2 c. whole or soy milk

This is the shake my daughter has been drinking since she was discharged from IP. It's for recovery not refeeding, so has fewer calories than one made with heavy cream. But she makes it herself! The day after she got home I made her a banana shake with Carnation Instant Breakfast, ice cream and yes, Half and Half. She insisted on making them herself as a condition of continuing to drink them. I put out the basics—including a box of Instant Breakfast with assorted flavors. I didn't even mention Half and Half. She chooses the combinations, but this seems to be her favorite. She wakes up and makes it. Before bed she either has another one (rarely) or she has a bowl of ice cream. We're not counting any more (ha!), but this packs approximately 700 calories. It's delicious. And she drinks it!

Spinach Lasagna:

- 3 cups frozen (and thawed) Spinach
- 1 package (16 oz) uncooked lasagna noodles
- 4 cups Ricotta Cheese
- 4 cups Mozzarella Cheese grated
- 4 eggs
- 1/4 cup fresh Parmesan Cheese grated
- 4 cups Tomato Sauce
- 1 tablespoon fresh parsley chopped fine
- 1/4 teaspoon ground black pepper

- 1.) Thaw spinach completely [if using fresh spinach chop coarsely and soak water and drain only loosely---which makes it easier to work with] Preheat oven
- 2.) Combine cheeses [set aside 2 C. Mozzarella cheese], eggs, parsley, and pepper in large bowl and mix well
- 3.) Mix in spinach in small amounts until well mixed
- 4.) Cover bottom of lasagna pan with 3/4 C of sauce. Layer lasagna noodles on top of sauce to cover bottom of pan.
- 5.) Cover noodles with generous amount of cheese and spinach mixture. Cover with small amount of Mozzarella cheese and enough sauce to cover the noodles completely.
- 6.) Repeat layers as above until pan is filled.
- 7.) Cover top layer with more sauce and remainder of Mozzarella cheese
- 8.) Pour 1/2 C. water around the edges of the pan
- 9.) Bake at 350 for 50 minutes-1 hour [ovens seem to vary for this]

According to my Aunt the nice thing about this is it assembles quickly and you don't have to cook the noodles ahead of time---or deal with those floppy wet noodles. Our daughter really likes this---she loves spinach! It probably gets served nearly weekly.

One caveat: if you make your own sauce, as I often will, you can just not cook it down all the way so it is

Pavlova - A Down Under Favorite!

(Great use for those leftover egg whites from your Creme Brulee.)

6 egg whites
1 cup of fine sugar
1t real vanilla
3/4t white vinegar

1 cup+ of HW cream and fruit for topping.

Beat eggs whites on high in a clean (grease free) deep bowl to soft peak stage.

Add sugar a tablespoon at a time beating well to dissolve sugar before each spoonful.

When about half the sugar is added, add vanilla and vinegar. Then keep adding the remaining sugar as above. Beat till there is no visible sugar granules.

Prepare a baking tray with foil and mark an 8" circle on the foil. Scrape the meringue into the circle, shape as a round with high furrowed sides to give it stability. Level to top gently.

Bake in the centre of a very slow oven -225F- for 1 1/2 hours. Do not open the oven. When cooked and dry to touch, turn off oven and open the door. Leave it in the oven to cool. Store for up to a day in a dry place.

When it has cooled it may look less than pretty so whip up that cream and top the pavlova generously just before serving. You can also decorate the top with fruit, even chocolate covered fruit, add some glaze nuts for extra calories.

Bon appetite!

Pavlova = 875 calories

1c HW cream = 821 calories

Makes 6 servings @ 283cal + any extra toppings.

Creme Brulee

4 cups of double cream
6 egg yolks
1/2 cup fine sugar
2t real vanilla

Heat oven to 350F prepare a roasting pan to set the ramekins (six 1/2 c size) or bake safe desert dishes into. You will need a kettle of boiling water ready to half fill the pan. And foil to cover.

Heat the cream just to a boil.

Whisk the egg yolks, sugar and vanilla in a larger poring bowl. Whisk in the cream. Divide into the desert dishes. Place in the roasting pan and place on the centre oven rack. Then carefully pour the boiling water into the roasting pan to come halfway up the sides of the desert dishes. Cover with foil and bake about 30 mins until custards are just set. Test for set with knife. Should come out clean.

Remove the pan from the oven very carefully and immediately remove the ramekins with cooking tongs, set them to cool on the kitchen bench. Then cover and refrigerate till you are ready to serve them. They keep well for at least a couple of days.

Just before serving the fun begins, sprinkle the tops with sugar (about 1t each) then either broil for about 30sec -watching not to burn. Or flame them with a kitchen torch, I like them golden and warm when I serve them. The kids love to torch them.

Makes 6 @ 677 calories each.

Enjoy.

This recipe can be made on a gas grill, I did it during IKE, so if you are out of oven space keep that in mind.

Carolyn's Baked Walnut/Mixed Nut Balls in a Béchamel Sauce

3 cups ground mixed nuts (walnut or pecan, almonds, cashew)
4 oz., grated cheddar cheese
6 Tbs breadcrumbs
2 oz wheat germ
1/2 onion (minced)
1/4 pt (150ml) milk
2 Tbs chopped fresh parsley, oregano, basil
fresh ground pepper
salt
2 eggs (beaten)
1 1/4 pts of béchamel sauce

Mix all the ingredients in a bowl adding eggs last. Roll into balls (egg size) and place in an oiled baking dish. Pour behcamel sauce over the top. Sprinkle with grated parmesan and breadcrumbs. Bake in a moderate oven until golden brown. Serve with brown rice and fresh green garden salad.

Bechamel sauce:

3 Tbs flour
3 Tbs butter
1 cup milk
1/2 onion minced
1 bay leaf
nutmeg (sprinkle)
thyme (sprig)
salt and pepper (to taste)

Brown the onion with a little olive oil then add butter. Stir until melted. Add flour and mix until it forms a paste. Pour in the milk and stir. Add bay leaf, nutmeg, salt and pepper, thyme. Stir continuously until the sauce thickens. Slowly cook for 5 - 10 minutes. Strain. Pour over nut balls.

Marie's Whey Chocolate Milks

225-250 Cal

8 oz whole milk
2 T choc syrup
1/2 scoop whey protein (whey is milk protein and doesnt alter taste much)

Shake it up and let bubbles settle before serving.

From Karen:

**Chocolate-Peanut Butter Shake,
1070 calories:**

1/2 c. heavy whipping cream; 3
tablespoons creamy peanut butter;
3 tablespoons chocolate syrup; 1
1/2 c. chocolate ice cream; Blend in
blender.

To calculate the caloric value of your meals, or to learn what a wide variety of fast foods are worth, try www.calorieking.com. We used this site a lot when initially creating our arsenal of meals for the 3500 calorie day. We also found helpful recipes by searching for recipes used by families dealing with cystic fibrosis. This website was very helpful: http://kidshealth.org/kid/recipes/cf_recipes/about_cf_recipes.html

In the days where calorie needs soared to 4000, we added NATURADE Weight Gain Drink Mix (vanilla) to the 1000 calorie oatmeal. It is 120 extra calories in one smallish scoop. We got this at Chamberlains Health food Store or WholeFoods.

Once our daughter went back to school, it was difficult to get all her calories in (she didn't feel comfortable eating her 1000 calorie lunch plus two snacks in front of peers). Our nutritionist often recommended we supplement with Scandi Shakes in the afternoon. Our daughter was not a fan of the shakes, but the mix can be added to real food and does not add extra "taste" or volume that way. They have a recipe book on their website as well: <http://www.axcan.com/pdf/skandishake/casseroles.pdf>

There is also a newer product called Benecalorie, an odorless, mostly tasteless, gluten and lactose free product that adds 330 calories to anything with only 1.5 ounces of liquid added. Wish they had this back when my daughter was first refeeding.

We also found it helpful (later in the recovery process) for our daughter to see the Dove Real Beauty campaign. There is a video..... www.campaignforrealbeauty.com/home_films_evolution_v2.swf (also on youtube <http://www.youtube.com/watch?v=iYhCn0jf46U>) that shows you how "altered" our view of beauty is. When our daughter watched it, it "clicked" with her that the "beauty" she was basing her judgments on (media productions, magazine ads) was "manufactured." We found that our daughter's ED "appropriated" any adolescent angst issue that had ever been invented during her therapy sessions to divert attention away from focusing on eating and following her program. She didn't have issues worthy to see a psychologist prior to her weight loss, so it was odd she could find so many to talk about in weekly therapy. We ended this by saying "no" to individual sessions, and moving to family sessions. Same thing with the nutritionist. When she went in and fibbed to the nutritionist about eating all her food, we put an end to solo visits with the nutritionist. Both of these team members thought we were overcontrolling parents. However, since we were in charge of implementing all the hardest parts of the refeeding program (the eating), we had a right to be there, and the course of treatment sped up after we were in there with her.

For our family, our daughter shows very clear changes in mood and thinking about food when she hits a certain weight. After two years of being at the weight set by her team, we try to just eat normally. But when we see these signs, it is always time to look at increasing intake again (usually this happens when starting a new sports season, or finals or some new thing that is being thrown into the metabolic mix).

Road to Recovery --- Tools for the Road Part 2

We did a strict program of limiting activities when our daughter was not meeting her goals for gaining during refeeding, with the rationale that people who were not metabolically stable should not be out doing things in the community (this included walking anywhere). This worked for us--she did push herself more when she realized that she would miss out on events. We know some kids say "so what" about missing activities, but after missing a few (8th grade trip, cruise with family, etc), it starts to sink in.

Key concepts that helped us:

She didn't want to be average, but she did want to be normal. So we talked about the normal person, normal behavior, normal expectations. The alternative was to be abnormal, and that was not acceptable.

When ED starts talking, baiting you to argue, bite your tongue. Just be silent. When enough time has passed, introduce a new topic. Do not engage. It is hard, but do not engage.

Remember that your child is in there somewhere, and no matter what is said in the heat of the moment, the voice that is coming out is often the illness and not your child. Chances are she won't even remember most of that anger when her weight is restored.

Be confident that you are doing the right thing. Our problem was no guidance locally to do a family based program. Our therapist and nutritionist were focused on helping our daughter with "control issues" and "wanting to get better." We were focused on eating. What changed everything for our daughter was not talking about feelings, or triggers, or nutrition, but sticking to the program of eating all your calories.

Food is the medicine. We often used the analogy of chemotherapy. Would we be responsible parents if our child had cancer and we let our child skip chemotherapy, or just take half a dose, because she didn't feel good about herself afterward? Would we let her go out with friends if she didn't take her medicine? No! You don't negotiate medical treatment.

In retrospect, I would recommend never discussing calories, points, exchanges or food plan components with the child with ED. I believe it contributes to obsessive thinking by making it more concrete for the ED. Our daughter was put on a plan that required her to eat a balance of foods (so many proteins, so many vegetables, so many grains, so many satieties). It did lead to rigidity in her thinking, and she couldn't get around the counting and rules of the plan to eat flexibly with her hunger (because she might go over one category or another if she ate that!). I believe the process of allowing the carers to prepare food, based on input from the nutritionist, and let the ED do something else until the food is served. If the carers are following a reasonable refeeding plan, it should not overwhelm the child's sense of fullness, and may prevent worry about juggling all those calories.

Sweetpetite's

Nutty Broccoli Slaw

My d eats this by the plateful and will finish off an entire recipe in 2 days as snacks and side dishes.

- 2 -12 oz. packages broccoli slaw
- 1 cup sunflower seeds
- 1 cup sliced honey roasted almonds
- 2 packages chicken flavor ramen noodles - crunched up
- 1 bunch green onions (we sometimes leave these out)

Dressing:

- 2/3 C canola oil
- 1/3 C red wine vinegar
- 1/3 C sugar
- 1 seasoning packet from the ramen noodles



Combine all ingredients in a large bowl - prepare dressing and pour over - mix well and let sit for a while to let ramen noodles soften up a bit when they absorb the dressing.

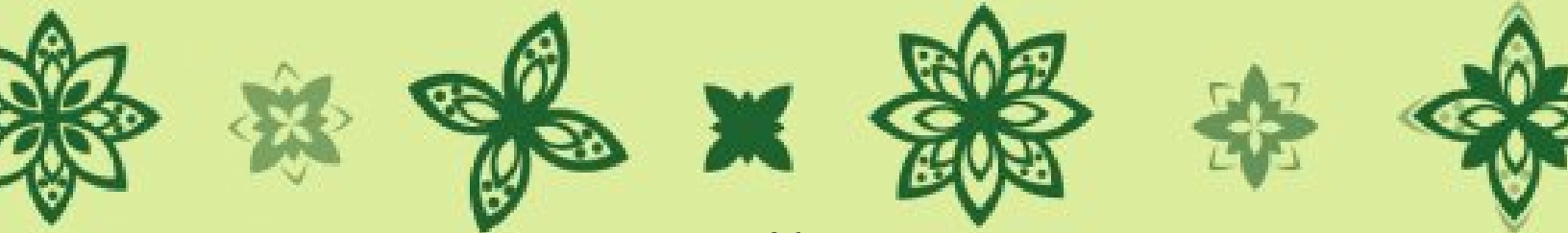
Gryffindor House's Flitwick's Easy Fettucine Alfredo

8 ounces dry fettuccine pasta
1 tablespoon olive oil
1 cup whole cream
1/3 cup grated Parmesan cheese
1/2 teaspoon dried basil
1 1/2 lemons, juiced
1 pinch ground black pepper



Cook pasta according to package directions. Drain; immediately return to pan. Add olive oil; toss to coat. Add whole cream, 1/3 cup Parmesan cheese, dried basil, lemon juice, and pepper. Cook over medium-high heat until bubbly, stirring constantly. Top with additional Parmesan cheese and fresh basil.

Variations: add crumbled bacon, cherry tomatoes, and/ or parsley. There are many ways to get creative with this quick and easy main dish.



Chicken on a Skateboard & Co.'s Coke Salad

1 lge can (20 oz.)crushed pineapple in heavy syrup

1 can dark sweet cherries in heavy syrup

1 8 oz. package cream cheese, softened

1 lge package black cherry Jello

10 oz. Coca Cola

1 cup or more chopped pecans

Drain fruit and reserve juice. Bring juice to a simmer in a small pan; add jello and simmer until jello dissolved. Remove from heat.

Meanwhile, chop pecans and chop cherries (a messy job, but someone's got to do it). Cream the cheese in mixer until fluffy. Mix in fruit and pecans by hand. Slowly stir in dissolved jello by hand. Stir in Coca Cola and mix thoroughly. (Coke will fizz and foam, but just get this well-mixed.) Pour mixture into a 9x13 pan and refrigerate until set.

This salad is a very odd (and oddly beautiful) violet color. It may also appear foamy after set. Do not let that deter you -- it is delicious!!!

(It is a traditional holiday food at our house, and hence great for weight gain!!!)

Road to Recovery -- Stealth Moussaka in Minutes

2 cups orzo pasta
1 1/2 lbs ground round
2 T olive oil (more if needed to keep eggplant from sticking)
1 large onion
1 large eggplant (for 4-6 cups, cubed)
1 8oz can tomato sauce
1/4 t ground nutmeg
1/3 c ketchup
1/4 t cinnamon
1 10 oz. container prepared Contadina Alfredo Sauce
1 cup already-shredded parmesan cheese

Bring 2 1/2 cups of unsalted water to a boil in a covered 4 quart or larger pot. Add the orzo, and cook 7 minutes. Heat the oil in a 12 inch or larger skillet that is oven-safe (cast iron works great; if you don't have an ovenproof skillet, you can transfer everything to a casserole dish later). Chop the onion, and add to skillet as you chop. Cut the eggplant into 1-inch cubes. Set aside. Turn the broiler on.

Add the beef to the skillet, and cook until most of the meat is crumbled and browned (about 3-4 minutes). Add the eggplant, tomato sauce, ketchup, and stir to mix. Cover, and boil until meat is cooked and eggplant is soft (about 6 minutes). Stir frequently to prevent sticking. (transfer to casserole dish now, if using).

Open the alfredo sauce, and add the cinnamon and nutmeg to the container. Stir well. If the sauce is too thick from being refrigerated, stick it in a microwave for 20 seconds. Drizzle the sauce evenly over the skillet, and spread to cover top of meat and eggplant mixture. Sprinkle the parmesan cheese on top of the sauce, and place the entire skillet in the oven to broil for 2 to 3 minutes. Drain the orzo, and serve the mixture over a bed of orzo. Serves 6 at around 763 calories per serving (more if you have eggplant that is very sticky!!). Be careful when you take the skillet out of the oven, as the handle will be extremely hot.

30 minutes, start to finish

Road to Recovery --- Curried Chicken & Rice

1 T olive oil
1 large onion, chopped
1 1/4 c uncooked long grain rice
2 1/2 cups chicken stock
1/3 - 1/2 cup raisins
1/3 - 1/2 cup dried apricot halves, chopped in quarters or sixths
1/2 cup chopped walnuts
2 cinnamon sticks
2 bay leaves
salt and pepper to taste
1/2 cup oil and vinegar dressing (any type will do)
1 1/2 lbs chicken

Curry Sauce:

1 T olive oil
1 onion, chopped
1 T curry powder
1 c chicken stock
1/4 c apricot jam (marmalade will do in a pinch, or add more chopped dried apricots)
1 T lemon juice
1 cup mayonnaise
1 cup sour cream

Start by making curry sauce. Heat oil in medium saucepan. Add onion; saute over low heat for 5 minutes--do not brown. Stir in curry powder; cook 2 minutes, stirring constantly. Add chicken stock, and bring to boil. Add jam and lemon juice, lower to simmer. Stirring constantly, simmer 5 minutes. Remove from heat. Add mayo and sour cream and stir well.

In a large saucepan, heat oil. Add onion, and saute 5 minutes. Add the rice, and cook 1 minute, stirring. Add the chicken stock, raisins, apricots, walnuts, cinnamon sticks and bay leaves. Stir once; bring to boil. Reduce heat to simmer, and cook 20 minutes or until stock has been absorbed.

Prepare chicken by cutting into strips. In large skillet, add oil and chicken and cook until no longer pink. When fully cooked, drain juices, and add curry dressing to skillet, mixing well with chicken and onions.

When rice is finished, scoop rice evenly into four large bowls, and ladle chicken and curry sauce on top of rice. This meal is the first pre-anorexic food our daughter requested once her weight was restored. It tastes great cold as well. Each bowl has between 700-900 calories, depending how much you like the raisins and apricots.

Time: about 1 hour

Chicken On A Skateboard's OhMyGosh! Oatmeal

3 1/4 c. water

1 c. half and half or heavy cream

1 c. steel cut oats (not new instant ones)

1/2 c. pecan meal or finely chopped nuts

2 small tart apples, diced

1/4 c. sugar or to taste

cinnamon to taste

salt

[I prep this the night before to reduce am cooktime.]

Bring water to a boil. Remove from heat and add oatmeal. Cover and let sit over night. Next morning, add all other ingredients. Bring to simmer, (boiling will whack out the cream), then cook on low uncovered until preferred consistency (about 10-12 minutes). Serve with plenty of butter and additional milk or cream if desired. Makes 4 one-cup servings.

This is hearty and has more texture than traditional rolled oats. Many calories in small package.

Family of Four Fights On

Rice with Sour Cream and Green Chili

1 c rice
1 can (4 oz.) chopped green chili
1/2 pound shredded cheddar cheese
1 1/4 c sour cream
2 T butter
salt and pepper to taste

Cook rice according to package directions. Combine rice, chili, 3/4 of cheese, sour cream and salt and pepper. Place in a buttered 2 qt casserole. Sprinkle with remaining cheese and dot with butter. Bake uncovered at 350 degrees for about 30 minutes until golden brown.

DELICIOUS

Sample Meal Plans



Megan's Meal Plan

Breakfast: 1 large bagel
4 TB Peanut Butter
1 Banana, sliced
1 c chocolate whole milk

Snack: 1 granola bar

Lunch: 12 oz whole milk
1/4 c ovaltine
2 pieces bread
2 slices cheese
3 oz turkey/tuna fish
pretzels

Snack: Milkshake (1.5 c ice cream, 1 c milk, banana, strawberries, sometimes cream)

Dinner: Usually 600-700 cal (i.e. milk, salad, pasta, peas, fish)
This is usually 3500 cal a day.

Marie's Early Refeeding Journal

2 crepes (easy to make) with crm chz, cottage chz, sugar and applesauce
bacon
juice

snack: yogurt with fruit and granola

fettucini alfredo w/peas and chicken
fresh fruit
chocolate milk with whey protein added

snack: chips or bagel/butter and peanutbutter

goulash
fresh fruit with a honey sauce
brownie with whipped cream
chocolate milk with whey protein

snack: smores at a bonfire or the premium icecream smoothie

Gryffindor Girl's 3500 Calorie Day

(She took time out of school during the first month of refeeding, because this meal schedule made for a long day.)

7 am Small glass of orange juice (to turn on her appetite)

7:30 3 egg omelet with cheese (cooked in butter)

Small bagel with peanut butter or Nutella,

Glass chocolate milk

10 am Magical milkshake (see recipes)

1pm Turkey and cheese wrap with mayonnaise and lettuce

Regular yogurt, she picked the flavor

Glass of juice (fresh, any flavor)

4pm Power Smoothie, with Haagen Dazs, V-8 fusion and Carnation

Instant Breakfast.

Piece of fresh fruit or 2 cookies

7pm Tarragon sauteed chicken breast (with olive oil & butter)

Mashed potatoes (with heavy cream and butter)

Small salad with regular dressing (not on the side)

Glass milk

10pm Oatmeal (cooked with heavy cream, honey or brown sugar, 1/4 cup

apple pie filling- or she picked another flavor, raisins)

Glass milk or hot cocoa

Sample Meal Plan, from Susan's Family

2,800 calories for their daughter

Breakfast

**3/4 c dry cereal + 1/4 c nuts + 1/4 c
dried fruit
1 c whole milk or fortified soymilk
1 large banana**

Snack

**12 crackers
2 oz cheese
1/2 c orange juice**

Lunch

**Sandwich: 2 slices bread + 3 oz tuna
or
deli meat + 1/8 avocado + lettuce/
tomato
8 oz yogurt
Trail mix: 1/2 c pretzels + 1/4 nuts +
1/4 c dried fruit
1 c juice**

Snack

**1/2 c hummus
8 olives
1/2 c carrot sticks
1 pita**

Dinner

**4 oz salmon
1 c cous cous
1/2 c vegetables sauteed in oil
1 c salad + 1 Tbsp dressing
1 c whole milk**

Snack

**3 c popcorn with butter + salt
1 c whole milk**

Refeeding and Recovery Tips



USDA Dietary Guidelines

Estimated Calorie Requirements at Three Levels of Physical Activity

www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm

For example:

A female between 14-18 needs between 1,800-2,400 calories

A male between 14-18 needs between 2,200-3,200 calories

This is a starting point for healthy young people, before adding the additional nutrition required for repair from malnutrition and brain recovery and the hypermetabolism that follows calorie restriction.

Malia's tips on non-dairy options

Rice milk--neutral-tasting, good base for Instant Breakfast or shakes, etc. Can be used as milk in most cooking. If baking, you may need to use a bit more fat to make the recipe work right. Can also be gently cooked down (i.e., evaporating the water without scorching it) to thicken enough to use as a substitute for light cream in many dishes--aim for the consistency of evaporated milk or a little bit thicker. Nice in soups, potato dishes, mild sauces, egg dishes. If using to thicken a heavier sauce, consider tempering in egg yolks, too. If you don't already know how to do that, let me know--it's easy to do and fairly easy to explain.

Almond milk--Usually available in plain, vanilla, chocolate. Quite tasty on its own, plain version has almond taste, but it's still fairly mild. More body/thickness than rice milk. Any can also be used as drink, base for Instant Breakfast, smoothies, shakes, hot chocolate, etc. . . You can use the plain in cooking where the taste isn't a detriment. If you're cooking rice, use 1/2 plain almond milk for 1/2 the water. Use to thin mashed potatoes. It will work in muffin recipes, etc. Good fats, here.

Coconut milk--A good find frequently overlooked. Quite nutritious, tastes like coconut. Good by the glass--can be watered down a bit to dampen taste, but you dilute the good fats. (Medium chain fatty acids=big aid in various metabolic processes. We all lost a lot of medium chain fatty acids when tropical oils got vilified.) Quite heat-stable, use freely in recipes where coconut taste is a plus. Desserts, muffins, but also some sauces. Extensively used in Thai cooking and curries. Meat-wise tends to work better with chicken, fish, pork. Some brands are milder-tasting than others, it's worth experimenting with different brands wherever you think it might work. Find it on the Asian foods aisle or at the health food store--more brand choices at the health food store probably.

Lactose-free ideas:

* Oatmeal and raisins, trail mix, anything with nuts, esp. almonds because of the calcium, and raisins, rice and pasta, salad with olive oil based dressing, peanut butter on whole wheat, granola bars. (tryingmom)

* Boost, Resource and Ensure are all lactose free nutritional drinks. Carnation has a lactose free Instant Breakfast now, too. Lactaid lactose free milk and cheese, and soy and hemp "cheeses" and products such as Tofutti dairy free ice cream (the chocolate is good) and Tofutti Cuties ice cream bars mean that many favorite treats can be lactose free. (Margaret)

* Rely on oils like olive oil and even coconut oil. You should be able to find good quality coconut oil in the health food store. It's terrific for high-heat sauteing and frying. Some brands have a very coconut-ty taste (can be a plus with things like chicken and milder veggies), others are more neutral-tasting. You can also use ghee in place of butter if butter is a problem. (Malia)

How to Determine Target Weight Ranges

F.E.A.S.T.'s page on weight ranges:

www.feast-ed.org/treatment/settingtargetweight.html

Lifetime growth charts

Many clinics now use lifetime height and weight charts to determine where a patient would have been had the illness not altered growth. This is especially helpful for patients whose weight is considered "normal" in terms of BMI but mental or other measures indicate a problem. It is possible for a person to have a "normal" BMI but still be significantly underweight for his or her own frame and physiology. Parents can plot this CDC chart on their own or obtain it from the physician.

For girls up to 20: www.cdc.gov/nchs/data/nhanes/growthcharts/set2clinical/cj411072.pdf

For boys up to 20:

www.cdc.gov/nchs/data/nhanes/growthcharts/set2clinical/cj411071.pdf

Susan's Vegetarian High-Calorie Ideas:

Our vegetarian d also said she hated cream sauces, cheese, etc., but during refeeding we gave them to her anyway. We did try to alternate with other foods, though, to make everything more palatable. Like L, we added olive oil (120 cal/tbsp) and butter to just about everything. Here are some things that worked for us:

1. Chinese food: 2 cups of rice (about 450 cal) with stir-fried dish of veggies, tempeh (pressed soy beans minced and fried in olive oil first -- 1/3 package: 180 cal with 2 tbsp olive oil with garlic and soy sauce). That plus a glass of milk will get you between 8 and 900 cal.
2. Pasta with pesto sauce. This is a very easy quick meal. Again, big portion of pasta (about 2 cups cooked) with pesto (we used Buitoni with 300 cal per 1/3 cup?). Again, with a glass of milk and a hunk of bread, 120 to 160 cal, or one slice of Pepperidge Farm Texas Toast, 150 cal, and that's 8 to 900 cal.
3. Pasta with homemade or store-bought sauce. Add plenty of olive oil and parmesan cheese (shredded has more cal than grated). Eggplant will soak up lots of oil, so we often sauteed eggplant in olive oil and added it to sauces. We served milk and a good size piece of bread with every dinner just about. Sometimes we added a can of white beans to the sauce.
4. Lasagna and eggplant parmesan.
4. Peanut butter sandwiches: bread with 100 cal/slice plus 4 tbsp of peanut butter = 580 calories.

L's Tips For Boosting Calories in a Vegetarian Family:

Our d has difficulty with milkshakes and desserts, so we are experts in high calorie vegetarian savories. Here are my suggestions:

- chili made with lots of oil and then cornbread made with cream and butter.
- polenta, cheese, eggplant, tomato sauce casserole (layers of polenta made with cream, cheese, eggplant brushed with plenty of olive oil then baked semitender before put in the casserole, then a simple tomato sauce made with plenty of olive oil. several of these layers, then top with cheese of course)
- homemade pizza with a crust that my h makes with cream, then oil on the crust before the tomato sauce and the cheese
- homemade tortillas again made with plenty of oil, then topped with refried beans that you can supplement with cream and cheese of course!
- soups like lentil that can include plenty of oil (and I mean plenty), with toasted cheese sandwiches (there are higher and lower calorie breads...we look for the higher calorie ones)
- muffins (not savory, but probably could be!) have been our secret weapon. I have a banana muffin recipe that with butter and sour cream and enough nuts (and of course a generous size) has about 1100 calories. It was the way our d started each day for the first month!

The way that we got between 3000 and 3500 calories per day into our d was to start with the 1200 calorie breakfast (muffin, glass of milk, fruit), then have 3 snacks (mid morning, mid afternoon, and before bed) and 2 more meals after that (she ate about every 2.5 hours while awake). Those snacks and meals would only have to be about 500 calories each (2500 total) and we would be up to 3700 calories a day! She craved water, but we always insisted that all of her liquids have some nutrition (milk or juice, with milk being especially good to make sure she got 1200 mg of calcium per day for her bones), so she probably gets at least 500 calories a day just in liquids. We did not introduce any variety into her breakfast diet for a month so that we could be assured of her high calorie breakfast, but now that she can slow down on weight gain, we serve all sorts of other things.

Barbie's Ideas For Tasty High-Calorie Foods:

- 1) fruit salad with honey-- my daughter can eat a big bowl of this no problem usually it contains a full banana, apple and orange/ grapes and few tablespoons of honey (60 cal per tbsp) which can make it about 300- 400 calories just for a bowl of fruit**
- 2) Peanut butter and banana sandwiches- my daughter LOVES them and they can really pack in some nutrition- i use two slices of whole grain bread (120 cal. per slice), a large banana sliced up and 3-4 tablespoons of P.B- making it about 650+ calories- with a glass of milk it makes a great breakfast or lunch**
- 3) a chocolate shake, make your own, use carnation instant breakfast, ensure, boost, chocolate milk whatever you choose, with a banana or apple & peanut butter-- my daughter loves apples with peanut butter**
- 4) I add fruit when I make pudding or jello, so that it's got some vitamins in it, and for snack my daughter loves a yogurt parfait : 1 cup yogurt layered with 1/2- 3/4 cup granola along with 1/2 cup fruit salad.**

A Maudsley Mix by Bridget

This was a very difficult and demanding recipe but one that produced excellent results for our family.

Ingredients

1 very ill 14 yr old daughter with Anorexia - starving, underweight, angry, suicidal, obsessive and deluded

2 desperate but determined parents

1 bemused younger sister

2 general practitioners, 2 dieticians, 2 therapists, 1 occupational therapist, 1 psychiatrist

1 paediatrician.

Maudsley flavoured psychiatrist and psychologists.

A well-balanced diet including proteins, carbohydrates, fats and micro-nutrients.

Tears, a rich stock of friends and family, buckets of love, patience, tolerance and humour.

Method

Step 1 After one year of mixing and tasting put aside 2 general practitioners 1 psychiatrist, 2 dieticians, 1 occupational therapist and 2 therapists.

Step 2 To a mixture of daughter with anorexia, bemused sister and desperate parents stir in Maudsley flavoured psychiatrist, psychologists and paediatrician. Add rich stock of friends and family to thicken.

Step 3 Simmer gently, adding a well-balanced diet to daughter 5-6 times a day until she reaches optimal weight (too low a weight at this time might spoil the mix). This may take many months. When pot boils over (to be expected) add generous quantities of love, patience and tolerance. DO NOT stop feeding daughter at any time or you may have to start recipe again.

Step 4 Keep a close watch on bemused sister and desperate parents throughout the cooking process to prevent burning. Add additional love, humour and stock of family and friends whenever required.

Step 5 When daughter is at optimal weight continue to add sufficient well-balanced diet to maintain. Let pot stand for as many months as is required for condition of daughter to improve. Look for smiles, rationality, flexibility, relaxed eating, weight management and sociability.

Step 6 Add to daughter doses of psychologists as long as is required to help daughter readjust to adolescent life. Encourage daughter as she administers well-balanced diet regularly and maintains weight. If weight drops or anorexic thinking increases redo whatever part of recipe as necessary.

Step 7 Celebrate this wonderful dish of recovering daughter, happy sister and relieved parents with doctors, family and friends.

Ways to Organize and Track Meals

- 1.) Dietpower <http://www.dietpower.com>
- 2.) Mastercook series of cookbooks.

Web Sites to Find High-Calorie Recipes

www.hdny.org/recipes.html

www.mealsforyou.com/cgi-bin/recipeCategory?category.calories+orderBy.calories+dir.DESC+loHi.high

www.nnuh.nhs.uk/docs%5Cleaflets%5C172.pdf

www.dieteticsatwork.com/client_education/sample_high_calorie_high_protein_recipe_final.pdf

www.cancer.org/docroot/MBC/content/MBC_6_1_Recipes.asp

www.healthsystem.virginia.edu/UVAHealth/hub_cancer/reciphic.cfm

The Bluebooks Snack Idea List

- *Costco Blueberry Muffins (these are giant muffins) - 600 calories each
- *Cocoa - 1 cup (whole milk, cream, Carnation IB, Stephens Cocoa) - 500+ calories
- *Shakes
- *Ice Cream
- *Ice Cream Sandwiches
- *Granola Bars
- *Pop Tarts - Each pastry is 200 calories each. 2 or 3 = 400 - 600 calories
- *Cinnamon Rolls - Rhodes makes some frozen that can be put right into the oven
- *Cookie Dough - I keep some in my freezer. They can be cooked or left raw. Ottis Spunkmeyer is 160 calories per ball. 3 balls = 480 calories

Atwitsend Snack Ideas:

1. biscuits (even the frozen storebought ones -- not pillsbury) 200-300 calories each (and then add butter and jam). Or I make cheddar biscuits and cheddar cornbread.
2. dense granola (we found one that had 400 calories per 1/3 c. serving -- I kid you not!!!)
3. baklava -- my mother-in-law is greek and brought us pastries for christmas. These are full of nuts, pastry, butter, and syrup. Probably 200-300 calories each (for two mouthfuls at most)
4. I scramble two eggs with cream and cheese and butter. Looks deceptively small, but really packs some calories.
5. Add 1/3 to 1/2 c. almond or pecan meal to pancakes, waffles, and muffins I make.
6. Add extra olive oil to hummus, and extra sesame oil to cold sesame noodles (made with tahini -- high fat and high protein).

"Big Impact, Small Footprint"

Ideas to boost calories with nutrient-rich foods from the parents on the "Around the Dinner Table" online forum (page 1)

- * I've found bagel peanutbutter sandwiches to help a lot. A large one can be 310 calories and that plus the peanutbutter white a glass of milk or something makes a good breakfast (INOH)
- * A big bagel with 3T almond butter is almost 600 calories. We do that one a lot. My d also drinks Ensure on occasion and eats Go Lean brand protein bars, which are about 300 calories per bar. Mixed nuts are good, too; one ounce is about 170 calories, and it looks like a small amount of food, so isn't as intimidating. (Worried mom)
- * I have gotten the large bakery muffins, also hostess apple pies. Corn muffins are also pretty good since can be served with dinner instead of a roll. (Nancy)
- * Don't forget to butter those muffins!! Adds calories and yummy taste with no visible footprint. (cheforexic)
- * Don't know where you live, but Starbucks(!!) was a big help to us--you can get calorie counts by drink and size online, and some of their drinks really pack a wallop--that small "chantico" hot chocolate, if I recall correctly, is about 300 calories. Lots of their fancy hot & cold drinks, with the whipped cream, are between 300 and 400 calories, and seemed like an afterschool drink her friends would have, not a shake her mom imposed. Not all that much other nutrition, except the milk, and lots of sugar, but in the gaining phase that was just fine with me. (Whistler)
- * Read or reread pg 157-162 of Help Your Teenager Beat an Eating Disorder by Lock and leGrange "Help Your Child to Eat More". (marie)

"Big Impact, Small Footprint"

Ideas to boost calories with nutrient-rich foods from the parents on the "Around the Dinner Table" online forum (page 2)

* I can honestly say that I have never cooked or done as many dishes in my entire life!!! We have tried to make her snacks as aesthetically pleasing as possible with lots of little dishes and a specially painted snack tray. I figure whatever it takes!!! Best wishes and happy cooking.... (L.)

* For dense, nutrient-rich recipes: http://kidshealth.org/teen/recipes/cf_recipes/about_cf_recipes.html

* You can either buy the super premium eggnog in the stores:almost 9 grams of fat in 1/2 cup and lots of calories- or you can make your own. Sans alcohol of course! Warm eggnog with nutmeg is especially delicious. You could even melt some vanilla Ben and Jerry's or Haagen Daaz and mix it in. (Rebecca)

* Carnation Instant Breakfast has worked great for us and it is so nutritious. My d drinks it ALL throughout the day. We always start the day off with 8 oz. steamed whole milk, 1 package Carnation French Vanilla sprinkled with cinnamon and nutmeg. It's so yummy and it keeps her warm. We later have breakfast and mid morning she's been having ANOTHER Carnation, 8oz. chilled whole milk with 1 package of Carnation Strawberry (delicious and 280 cal.) She eats lunch and then LATER has ANOTHER Carnation...chocolate this time. :) She has dinner and usually we eat a small dinner and she has a chilled Vanilla Carnation with it. sometimes we even sprinkle it on fruit and ice cream..etc. I get in about 1000 extra calories a day through Carnation Inst. Breakfast.(tiredmom)

* I've discovered Thai cooking--and coconut milk! I had a chuckle that one recipe that used a full 2 cans of coconut milk billed itself as low carb! No mention of the fat in the coconut milk. Coconut milk is very dense in calories and can be very tasty. I made a thai chicken coconut curry and served it in bowls of rice (so much for the low carb thing). The rice absorbed some of the coconut milk so not much was left in the bottom of the bowl. (Mari)

F.E.A.S.T. is an organization of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

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