



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

Meal Plan

A meal plan is an individualized plan developed collaboratively by you and your dietitian. The meal plan is an important tool that can help you during the recovery process.

Meal plan benefits

- Helps in the planning of well-balanced meals and snacks to provide essential nutrients
- Helps to restore natural hunger and satiety cues by mimicking an appetite-based eating schedule
- Reduces obsessive thoughts surrounding food
- Minimizes ED behaviors, such as restricting, bingeing, and purging
- Helps to establish and maintain a healthy body weight
- Increases knowledge about appropriate food portion sizes
- Increases self-confidence surrounding food selection

How to Use Your Meal Plan

Your meal plan outlines one day's worth of food to meet your nutritional needs. Generally, a meal plan consists of three meals and two-three snacks. However, meal plans are works in progress and may be altered or revised over the course of treatment.

Your meal plan is modeled after the Diabetic Exchange System. Instead of focusing on calorie counting, this meal-planning method uses portion sizes called "exchanges." Foods are grouped into six major categories (starch, protein, fruits, vegetables, dairy, and fat). Under each food category, there are many foods you can choose from in order to meet your exchanges. Any item from a specific food category can be "exchanged" for another item from the same category. Use the Food Exchange List to look up appropriate portion sizes to meet exchanges.



Food Exchange List

Starches	
Food	1 Exchange
Breads	
Bread	1 Slice
Bagel	½
English muffin	½
Hot dog or burger bun	½
6 in pita bread	½
10' wheat tortilla or 6" corn tortilla	1
Dinner roll	1 small
Cereals/Grains	
Cooked cereals (oatmeal, cream of wheat, grits)	½ cup
Dry cereals	¾ cup
Dry corn starch or flour	3 Tbsp.
Granola	¼ cup
Puffed cereals	1 ½ cup
Pasta (cooked)	½ cup
Pancakes	2 (4")
Waffle	1
Rice or quinoa	1/2 cup
Other grains (cooked) (Barley, bulgur, etc.)	½ cup
Starchy Vegetables	
Beans	½ cup
Corn	½ cup
Corn on the cob	6" ear
Baked potato	1 small
Mashed potato	½ cup
Winter squash (butternut, acorn, spaghetti)	1 cup
Sweet potato/yam	1/3 cup
Green peas	½ cup
Crackers/Snacks	
Graham crackers	2 sheets
Popcorn	3 cups
Pretzels	1 large handful or 2 small handfuls
Crackers (Wheat Thins, Triskets, or Saltines)	6-10



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Protein	
Each exchange equals approximately 7g of protein	
Food	1 Exchange
Meats	
Beef, poultry, fish	1 oz
Luncheon meats	1 slice (1 oz)
Hot dog	1
Tuna caned	1 oz
Crab, lobster, scallops	2 oz
Shrimp	1 oz (4 small, 2 large, 1 jumbo)
Meat Alternatives	
Cheeses	1 oz or 1 slice
Cottage cheese	1/2 cup
Beans	1/2 cup
Egg	1
Tofu	1/2 cup (4 oz)
Peanut butter	1 Tbsp.
Nuts	1/4 cup
Veggie Breakfast Sausage Patties (Morningstar)	1
Veggie burger	1/2 patty

Fruit	
Food	1 Exchange
General guidelines	
Fresh fruit (cubed)	1 cup
Small fruit	1
Dried fruit	1/4 cup
100% fruit juice	8 oz
Berries	3/4 cup

Vegetables	
Food	1 Exchange
General Guidelines	
Raw vegetables	1 cup
Cooked vegetables	1/2 cup
Vegetable juice	1/2 cup (4 oz)



Dairy	
Food	1 Exchange
Milk or Fortified soy milk	1 cup
Yogurt or soy yogurt	1 cup or Individual Container
Cottage cheese	½ cup
String cheese	1
American cheese singles	1 slice
Cheese	1 oz.
Evaporated milk	½ cup

Added Fats	
Food	1 Exchange
Butter/Margarine	½ Tbsp.
Oil	1 tsp.
Dressing	1 Tbsp.
Mayonnaise	1 tsp.
Cream cheese and spreads	2 Tbsp.
Cheese	1 slice or 1 oz.
Avocado	2 Tbsp.
Cream or Sour cream	2 Tbsp.
Gravy	2 Tbsp.
Nuts	10 nuts/ 2 Tbsp.
Peanut butter	1 Tbsp.
Pumpkin or sunflower seeds	1 Tbsp.
Hummus	2 Tbsp.
Pesto	1 Tbsp.

Desserts		
Food	Serving	Exchanges
Ice cream, sherbet, sorbet	½ cup	1 dairy
Cookies	2 small	1 starch
Brownie	2" square	1 starch
Pudding	½ cup	1 starches
Frosted cake	2" square	2 starches
Donut	1 medium	1 starch, 1 fat
Hot chocolate made w/ water	8 oz	1 starch



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Quick Guide		
Food items	Serving	Exchanges
Grains		
Pasta, rice, quinoa, corn, potatoes, oatmeal	1 cup	2 exchanges
Breads	2 slices	2 exchanges
Produce		
Vegetables raw	1 cup	1 exchange
Vegetable cooked	½ cup	1 exchange
Fruit	1 piece or 1 cup raw	1 exchange
Protein		
Salmon, chicken, beef	3 oz (deck of card size)	3 exchanges
Tofu, seitan, tempeh	1 cup	2 exchanges