

## **Eating Disorder Behaviors and Suggested Verbal Intervention/Redirection**

**Food Refusal**- refusing to: take items (i.e. challenge foods); try certain items on plate; sitting and staring at 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 \_\_\_\_\_.
- I encourage you to at least try a bite instead of outright refusing.
- 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 on? 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 only cut it into \_\_\_\_\_ instead of \_\_\_\_\_?
- Usually, \_\_\_\_\_ is not cut into pieces. Why don't you try eating that 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 your 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 client 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 for anyone that is working on pacing

### **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 or your peers.
- Let's not talk about the food while we're eating.
- Perhaps we can discuss this during meal process instead...

### **Comparing food/meal plan with peers'**

- I know it's hard, but focus on your own meal plan/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 staff 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 will be completing these meals at this level of care. If you are routinely unable to do so we will need to re-evaluate if you need additional support.

