



RE-FEEDING PROCESS

At the beginning of the re-feeding process you may experience some bloating which can be uncomfortable, but it is **natural**.

- **NEVER** force a sufferer to eat
- Small frequent meals/snacks
- Limit gas producing & high-fat foods
- Begin re-feeding with foods that are easy to digest
- Once the body readjusts to food, solids can be introduced, but make sure they are introduced slowly.
- Base meals around individual preferences
- Establish a structured eating plan - it may be useful to know what you are eating in advance.
- Distract yourself after

Support and
Empathy for
people with
Eating
Disorders



S.E.E.D. Eating Disorders Support Services

For meetings we rent a room from

The Endsleigh Centre

481 Beverley High Road, Hull HU6 7LJ

In the Garden Room (entry via side staff door)

Email: info@seedeatingdisorders.co.uk

Help line 01482 718130

Website:

www.seedeatingdisorders.org.uk



beat (beating eating disorders)

www.b-eat.co.uk

For medical risk assessment information visit
www.iop.kcl.ac.uk the 2009 version is available

SEED: 01482 344084
267 Beverley Road Hull HU5 2ST
Resource Room

Help line 01482 718130
Fax 01482 718130

EATING DISORDERS

AND NUTRITION



Charity No 1108405

By

S.E.E.D.

**Eating Disorders
Support Services**

Charity No 1108405

Produced in
partnership with
Emma Drayson

NUTRITION

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Binge Eating and Nutrition

BREAKING THE CYCLE

Take each day at a time and make targets small and

achievable thus not setting yourself up to fail.

It may help to **plan** your meals and structure your eating plan in advance.

Establish a pattern of **regular** eating which involves restricting your meals

to 3 planned meal day ,plus 2/3 **planned** snacks.

A regular eating **pattern** displaces binges, with the result that the frequency of binges decrease.

Leave **no** more than 3-4 hours between planned meals/snacks.

Do **not** skip meals/snacks, as skipping a scheduled meal/snack will make you vulnerable to binges

Consume **pre-planned** food amounts

If binges occur, resist temptation to avoid your next planned meal/snack, this will only **increase** problems.

Concentrate when eating, being aware of what you are doing will help **ensure** that meals/snacks do not turn into binges.

When cooking **avoid** tasting, as this an **trigger** a binge.

Plan food shopping, or shop with a friend/relative, and limit the amount of money you carry.

Bulimia Nervosa And Nutrition

BREAKING THE CYCLE

To help break the cycle and achieve nutritional goals change should be introduced gradually.

Meals should be based around **individual** food preferences

Initially an individual **may** experience bloating which can be uncomfortable, however this is natural and as the body **will** adjust and the symptoms will reduce. This is only temporary!

Start off by eating little and **often**

High fibre or low sodium (salt) foods help control fluid retention and constipation

Limit gas producing and high fat foods

Begin the re-feeding process with foods that are easier to digest

A structured eating plan may be useful to know what you are eating in advance

The GOALS of NUTRITIONAL THERAPY for eating disorders are:-

Identify food fears

Correct food misinformation

Re-establish healthy eating patterns (this may take time to achieve)

Restore Nutritional Status

Maintain a Safe Weight

Plan Meals

Do Not Skip Meals

Anorexia Nervosa and Nutrition

Food Values and Nutrients

Easily digestible foods should be consumed to start the re-feeding process. Good examples include **mashed potato, oatmeal, and macaroni & cheese.** Eventually solid foods can be introduced.

High Fibre Foods should be regularly consumed to help regulate bowel movements and prevent constipation. Good examples are **cereals, oats, whole-grains, lentils, fruit and vegetables.**

Gas producing foods include **fizzy drinks, sweetened drinks, sweets and cabbage,** they can leave bloated feelings and therefore should be limited.

Low—sodium (salts) foods control fluid retention and constipation. Consume **fresh foods,** and **fresh poultry, fish & lean meat,** rather than canned, smoked or processed.

Energy is needed for the body to function properly and for muscular work. Good sources of energy include: **bananas, oats, jacket potato, fruit and vegetables.**

Protein is essential for body growth and repair, and also supplies iron, B vitamins, zinc and magnesium which help strengthen the immune system. High protein sources include **meat, fish, poultry, milk, beans, pulses and eggs.**