

EATING DISORDERS AND NUTRITION



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

ANOREXIA 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.



BULIMIA 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



Continued....



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.

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Nutritional Support—Emma is SEED'S Nutritional Advisor and available by e mail on

nutrition@seedeatingdisorders.org.uk

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

For meetings we rent a room from

THE MIND premises Wellington House 108

Beverley Road Hull HU3 1XA

(entry via side door off Somerscale Street)

Email: hello@seedeatingdisorders.org.uk

Help line 01482 718130

Website: www.seedeatingdisorders.org.uk

