

# Dietary Guidelines During Recovery



1. **Eat by the clock** i.e. 3 meals, 3 snacks, about 3 hours apart.
2. Aim to **eat mechanically** while you are practising normal eating. Use your meal plan to guide your food choices. Plan all your meals and snacks.
3. At lunch and dinner aim to follow the **Thirds Rule** (i.e. 1/3 carb, 1/3 protein, 1/3 vegetables).
4. Watch the **fillers** i.e. *foods that fill you up without offering nutrition as they keep you focussed on restricting food.*
5. Watch the **diet foods** as they keep you connected to your eating disorder and focussed on restricting food.
6. Don't forget the **fun foods** and the essential fatty acids.
7. Keep a check on your **fluid intake** i.e. *not too much & not too little.*
8. Remember the **4E's RULE** = Exercise Equals Extra Eating.
9. Try to **eat with support** (with a friend, family member, partner, or carer) for your meal and one hour after the meal.
10. Remind yourself of the **big picture**. Stand back and remind yourself what you're working towards.

Developed in conjunction with dieticians Caitlin McMaster and Susan Hart

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