

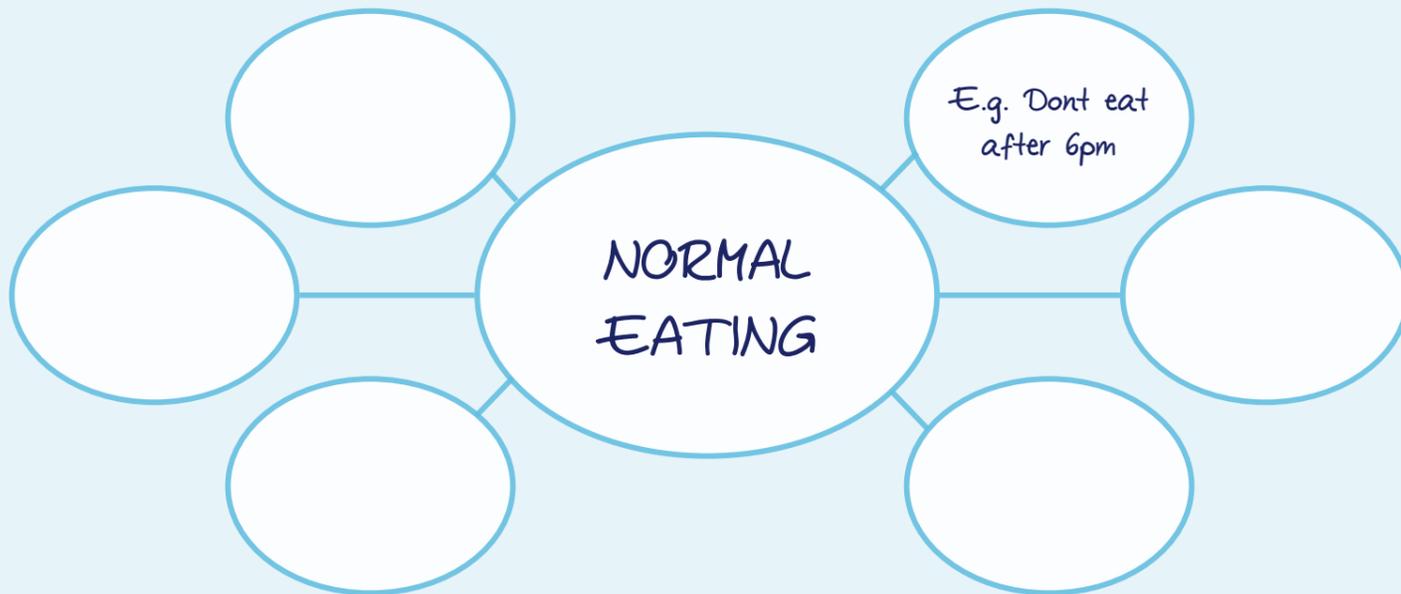
Eating well for recovery 2



What is normal eating?

What is considered 'normal' eating can vary greatly from person to person. Our individual diets and ideas about what normal eating should entail are often shaped by our upbringing, cultural background, the availability of foods, and personal beliefs.

The confusion and conflict around normal eating can be exacerbated when we encounter messages about diets and nutrition in mainstream and social media. Please take a moment to reflect on any messages you've encountered regarding 'normal' eating and complete the activity below:



In today's session, we'll explore nutrition and techniques to enhance your nutritional intake. It's essential to understand that everyone's eating pattern is unique, and there is no one-size-fits-all norm. Several factors influence a person's energy needs, including age, sex, height, and activity levels.

The goal of this session is to concentrate on improving the structure and quantity of your food intake.

Improving structure of your eating

Sometimes it can be difficult to eat at regular intervals, we may have been told its best to skip meals or we may be skipping eating opportunities for a variety of reasons such as guilt or weight loss.

Structuring your eating involves consuming meals and snacks at regular intervals throughout the day. These may be smaller amounts at first, but making these small changes can have a significant cumulative effect. This is crucial for your recovery, as it lays the foundation for making other positive changes in your eating habits and allows you to track your progress. This may look like:

**3 Meals Per Day -
Breakfast, Lunch & Dinner**

2-3 Snacks

**Eating approximately every 3-4
hours**

Use your daily review handout to help track your structured eating and to track progress:

Week Start	M	T	W	T	F	S	S
Meal 1	<input type="checkbox"/>						
Meal 2	<input type="checkbox"/>						
Meal 3	<input type="checkbox"/>						
Snack 1	<input type="checkbox"/>						
Snack 2	<input type="checkbox"/>						
Other Eating Episodes							
What went well?	Challenges:		My positive quote:				
Goal of the week:							

It may feel difficult at first to eat more regularly, especially if you have concerns about your weight but eating more often helps with:

- Giving structure to your eating habits, so it becomes more regular and normalised part of your life.
- Keeps your blood sugar and energy levels steady (see previous session)
 - Helps to combat the likelihood of over-eating/bingeing.
- Challenges your own dietary rules and thinking (see later sessions)

Facts about Eat Well

How to start eating more regularly

The Eatwell guide is a visual tool which can be used to support a healthy and balanced diet.



Carbohydrates

Carbohydrates should make up over 50% of your diet, on the eat well guide starchy foods are labelled green and yellow. Fruit and vegetables are part of your starchy foods, and it is recommended you eat 5 portions per day. Carbohydrates are your main source of energy, eating wholegrain options will allow your energy levels to remain more consistent over a longer period

Protein

Marked pink and blue on the Eatwell guide, protein helps the body grow and repair itself, protein is found in every cell of the body and has important functions such as keeping our bones and muscles functioning

Fats

Fats are an important part of a health and balanced diet; they provide essential fatty acids and carry fat soluble vitamins. Whilst they are more energy dense fats are important for our overall health and there are different varieties of fats. This is marked on the Eatwell guide as purple

When you've been involved in patterns of disordered eating for an extended period, the idea of eating more regularly, particularly after periods of restriction or binge cycles, can trigger feelings of anxiety. Despite this anxiety, it's crucial to establish a more regular eating routine.

Please use the activity below to identify any barriers within your current routine that might hinder you from eating regularly, such as fitting meals around work.

What barriers may get in the way of eating more regularly for you?

.....

What tools may help you to eat more often?

.....

Who can help you to eat more often?

.....

Week 1: Introduce breakfast daily

Week 2: Eat lunch and dinner consistently

Week 3: Introduce a morning & afternoon snack

Remember that you can be flexible with the timing and composition of your meals. You might choose to eat more in the morning and less at night, or adjust your eating patterns on weekends. The key is to eat regularly and avoid letting your energy levels drop!

Note: If you engage in binge eating continue to follow the structure at your next routine meal

How to start eating more regularly

If you've been trapped in a disordered eating pattern for an extended period, it's common to lose touch with your hunger cues and feel disconnected from your body. You may have previously ignored your hunger or mistaken emotional hunger for biological hunger, making it challenging to discern what true hunger is. Eating regularly can aid in reestablishing this connection with your hunger levels.

The set point weight theory posits that each person has a unique, natural weight that their body strives to maintain. Attempts to reduce this weight can disrupt your hunger cues, making it difficult to interpret them accurately. This is why we're introducing structured eating as a starting point.



Top ten tips for improving your eating

- 1. Stop reading food labels.**
- 2. Tune into your hunger cues and create your own scale.**
- 3. Avoid counting calories.**
- 4. Implement structured eating.**
- 5. Eat every 3-4 hours.**
- 6. Redirect your thoughts away from calorie sums.**
- 7. Establish a regular eating pattern, identify and overcome barriers.**
- 8. Diversify your food choices.**
- 9. Consult the Eat Well Guide for nutrition insights.**
- 10. Embrace small changes, as they can make a significant difference.**

Further Support

*If you need some more help after this session,
you can contact:*

Signposting:

<https://www.nhs.uk/live-well/eat-well>

<https://www.beateatingdisorders.org.uk/>

*Overeaters Anonymous Great Britain | For anyone
with eating issues
(oagb.org.uk)*

Local Support:

Together We

0808 196 1773

MindLine Cumbria

0300 561 0000

Meal Structure & Review

Week Start

M

T

W

T

F

S

S

Meal 1

Meal 2

Meal 3

Snack 1

Snack 2

Other Eating Episodes

What went well?

Challenges:

My positive quote:

Goal of the week:

Emotional Food Diary

Example Food Diary

When? Date/Time	Who were you with? What were you doing?	What did you eat?	Triggers identified	Thoughts/feelings prior to eating	B/L/P	Thoughts after event?

My Week in Review

What went well with my eating behaviours this week:

Any behaviours which need my attention:

What I will focus on next week:



together we

Cumbria

Together We CIC

0808 196 1773

info@togetherwe.uk

www.togetherwe.uk