

Role of Dietitian In Eating Disorder Treatment

1. Support and guide you through the phases of eating:

Phase one: Nutrition Rehabilitation

Phase Two: Meal Plan (Mechanical Eating)

Phase Three: Meal Structure

Phase Four: Transition to Intuitive Eating

2. Help determine nutrition needs for your recovery based on your individual body, your preferences and you as a whole person.

3. Identify challenging foods with you and support you in reintroducing them.

4. Develop and sustain, nourishing eating habits to support the life you want to live.

5. Help you gain skills in taking care of yourself around food, including meal planning, grocery shopping, cooking and self care.

6. Education on re-establishing a health gut microbiome to help you feel better physically and mentally and help manage digestive symptoms that arise.

7. Debunk/reframe eating disorder beliefs and thoughts around food and body.

8. Listen to your lived experiences and honor how you got here today.

9. Communicate, collaborate and cohesively work with your primary health care and mental health care team regularly to improve treatment outcomes.

10. Help you heal your relationship with food and body.