

## STRATEGIES FOR CONTROLLING EATING DISORDERS

- ★ Eat from 5 food groups
- ★ Follow an eating schedule

### **MEALS:**

- Do nothing else while eating
- Eat in one place only
- Remove serving dishes from table
- Avoid being food dispenser for others
- Serve and eat one portion at a time
- Wait 5 minutes before second helping
- Eat slowly (put down fork between bites, pause during meal for 30 seconds +)
- Focus on taste and texture
- Do not clean plate
- Leave table after eating

### **SNACKS:**

- Do not keep high-calorie food in house, or if in house, keep out of sight
- Where appropriate, freeze high-calorie food
- Postpone snacking in 5 minute intervals or until the end of an activity (task, T.V. Program, etc.)
- Don't use snacks to reward yourself or deal with emotions (hunger or schedule should be the cue to eat)
- Make healthy snacks readily available

### **SHOPPING:**

- Shop on a full stomach
- Shop from a list
- Shop with someone
- Buy only foods that need preparation

#### **Specific Plans:**

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