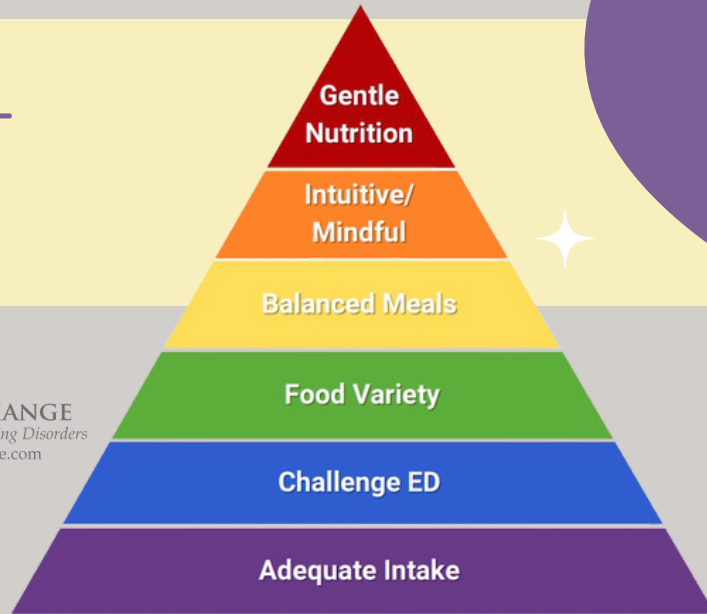


NUTRITIONAL PRIORTIES IN RECOVERY



MEAL STRUCTURE AT CFC



Red Zone

Your loved one's eating disorder is calling the shots. They are engaging in ED behaviors (restricting food intake, counting calories, bingeing, purging, exercising excessively) and may be losing weight.

Yellow Zone

Your loved one is renourished. They completed weight restoration, if necessary. With support they are able to follow their meal plan (3 meals and 3 snacks/day), and are compliant using Boost Plus (or food) to make up for any restriction. Their ED urges fluctuate, but they are generally following food and movement guidelines.

Green Zone

Your loved one has been able to follow their meal plan, correcting for restriction, for 6 months. They are eating a variety of foods and honor taste preferences, eating "challenge" foods regularly. They are now Boosting for taste preference, not to avoid foods. They are honest about ED thoughts and urges.

Blue Zone

Your loved one has been in the Green Zone for 12-18 months. They are eating intuitively and exhibit food flexibility at home, with family and friends, at restaurants, and while traveling. When food is restricted due to illness or circumstance, they increase their food intake to compensate appropriately.

WHAT IS ZONE PLANNING?

Before discharge, your loved one's dietician will work with them on a personalized meal plan. These often follow a zone plan format based on where they are in recovery

THINGS TO REMEMBER AS YOUR LOVED ONE PREPARES AND COMES HOME:

- Recovery takes time
- Levels of care are designed to offer needed support through the recovery process
- Meal support – especially when first returning home – is vital
- If you are concerned, there is likely cause for concern
- You do not need a nutrition degree to guide your loved one through meals/snacks at home!
- Complete a zone plan with your loved one's dietitian to address dietary expectations outside of the Center

RE-FEEDING THE BRAIN IS WHERE RECOVERY STARTS

"ONE CAN NOT THINK WELL, LOVE WELL, SLEEP WELL, IF ONE HAS NOT DINED WELL"

--VIRGINIA WOOLF

RECOMMENDED FURTHER READING FOR FAMILIES:

All these books can be found at bookstores and on Amazon

