

Nutrition Priorities During Recovery

**START
HERE**

Regularity

- Helps to improve digestion and gut function
- Keep blood sugar levels stable throughout the day - avoids highs and lows
- Provides the body with necessary fuel to perform vital functions

Generally characterized by:

- 3-6 eating moments per day (e.g., 3 meals and 1-3 snacks).
- Spacing eating moments no more than 3-4 hours apart

Adequacy

- Provides for nutritional adequacy and medical stability
- Focuses on quality of food choices - ensures ALL food groups are included
- Ensure quantity of food choices are appropriate for bodies needs
- Allows for individuals to stick with 'safer' foods initially

As a general guideline:

- Aim for 3 or more food groups at larger eating moments (i.e., meals)

Variety

- Challenges beliefs of 'good' versus 'bad' foods - all foods are seen as equal
- Lays the foundation for social eating opportunities
- Introduces wider range of foods
- Explores relationship of trust with food
- Explores concept of taste and flavour!
- Lays foundation for social connection around food

Eating Socially

- Establishes confidence in social eating situations
- Social reconnection with friends and family
- Supports the development of values-based social networks
- Extends trust in food to food prepared by others

Spontaneity & Flexibility

- Flexibility in food thinking and practices
- Supports sustainable and intuitive eating practices
- Allows the individual to be more socially integrated
- Provides scope for a more nourishing food relationship
- Reduced cognitive engagement in the eating process
- Increased confidence and trust in bodies hunger and fullness cues

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