

# EAT TO YOUR GOOD HEALTH

*Exchange Lists and Meal Planning for Eating Disorders*

meat



fats

dairy



fruits

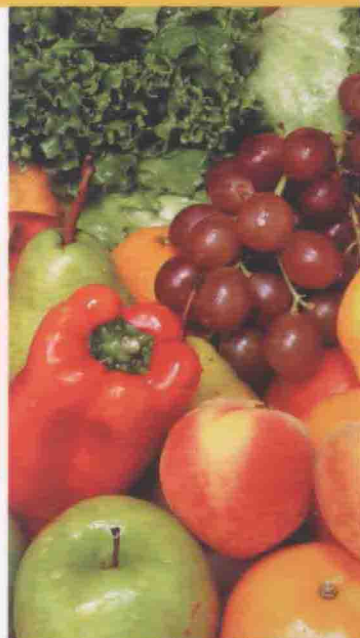
vegetables



grains



AMY E. GALENA, MSH, RD, LD/N



# EAT To Your Good Health: Exchange Lists & Meal Planning for Eating Disorders

Amy Galena, MSH, RD, LD/N

EAT  
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Eat to Your Good Health  
Exchange Lists and Meal Planning for Eating Disorders

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# Foreword

The pressure for people to be and look perfect is at an all time high. It's mounting at an unparalleled pace. The media, society, and pop culture are playing a significant role in how people perceive themselves as beautiful or ugly. The perception is largely based on the features of a handful of super-models. The assumption is that everyone should look like that man or woman strutting down the runway. Technology has progressed so quickly in the last 30 years, and so has the way people communicate at a lightning fast pace. Since information travels so fast today, we are constantly being affected by worldwide perceptions of beauty and perfection.

Amy's booklet helps people understand that food is medicine not a poison to be avoided just to be thin. Within these pages is hope, a hope that they don't have to be afraid of food anymore. Hope that you already have the power to become the man or woman you choose to be. It also allows them come to the understanding that they are in charge of their health. The definition of nutrient rich foods is clearly explained and lots of easy to read charts are given to make living healthy accessible. This booklet hands each person their power back to live a healthy life style.

Be courageous! Courage is plugging into your truth when you feel discouraged or afraid. I invite you to start your own journey now. Create the fun, passionate, and vibrant life you've always wanted. It is possible to change your life one thought, action, and habit at a time.

~ Sarah E. Suero

Owner of Grounded and Company  
Yoga Instructor, Ontological Coach, and Writer

*EAT to Your Good Health Edited by Sarah E. Suero*

# Preface

*“Don’t wait for something big to occur. Start with where you are, with what you have, and that will always lead you into something greater.” Mary Morrissey*

In this booklet, I’m asking for you to think of food as medicine and be honest with yourself. Acknowledge the state of your physical, dietary, and yes even your mental health. Now is the time to live vibrantly! I was in high school when I realized that my health was my choice. Everything that I ate was my choice. I educated myself on what it was to live a healthy life. I changed the foods I ate. Created my own plan and taught myself what it was to eat nutrient rich foods. I started being active and I’ve never stopped my pursuit of a healthy lifestyle.

Even in high school I felt better, the shifts I made improved my concentration and yes, even my grades went up. I gained a positive outlook on life. I felt vibrant and in good mental and physical health. What I discovered was amazing; I could eat to my good health. I am so excited about my discoveries I just had to share it with the world.

Now my mission is that each person thrives. Eat to your good health, so that you live out your dreams. I now teach people to live vibrantly, not just survive. My passion for food drove me to get my master’s in Health Science. As a lead dietitian in behavioral health and years of child/adolescent weight management work experience, I’ve realized everyone can be healthy. Due to that realization many years ago, I am now living my dream. I’m the proud owner of Bee Nutritious, an established business specializing in eating disorders. I wrote this booklet as a tool to help you along your journey. Develop a positive relationship with yourself and your food. Stop fighting nature and accept your body. The power is now in your hands.

Live Vibrantly,

~ Amy Galena

# Acknowledgements

I'd like to take a few moments to thank several important people in my life. I appreciate each one for the value they bring to my life, the health community, and the world.

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Thank you to Dr. Christie for being a steady rock of advice and guidance whenever I'm in need. You role model all that can be expected of a dietetic professional, and I will always admire you. Thanks Dr. Christie.

Thank you to Jon McGowan for your love and support that I needed to complete this booklet. You've pushed me to be the best that I can be. I love you Jon.

Thank you to Monique Russell for your compassion and selflessness that I needed to complete this booklet. Your love and support shines through in all you do.

# INTRODUCTION

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# INTRODUCTION

## HOW DO I USE THIS BOOKLET?

This booklet provides exchange lists for meal planning, and essential nutrition education to promote healthy eating habits. Your registered dietitian will work with you to develop a meal plan that best suits your needs. A healthy meal plan includes carbohydrate, fruit, vegetables, dairy, fat, protein, and dessert. You may not be required to include all these foods each day in the very beginning, but eventually you and your dietitian will work together to incorporate all foods into your meal plan. This booklet is intended to coincide with regular nutrition counseling, which is vital to keep you on the path towards recovery.

## WHAT DOES IT MEAN TO BE HEALTHY?

Good health is more than just being free from disease or injury. A healthy life style helps you feel good, have vibrant energy, and maintain a positive outlook on life. It also includes having total physical, mental, and social well-being. Eating well, exercising properly, maintaining a healthy weight, staying positive, and having balance in your life all promote good health. The quality of life you're creating ultimately depends on your choices. Your mental health is just as important as your physical health. Letting go of your eating disorder and what you believe to be true about food, is one of the many ways to move towards good health.

## WHAT IS HEALTHY EATING?

Healthy eating is consuming the right amounts of a variety of foods from all food groups to obtain the nutrients your body needs to function at its best. Healthy eating promotes a vibrant and fully functioning body. It also helps fight off chronic diseases such as heart disease, diabetes, cancer, and osteoporosis.

## WHAT IS AN EATING DISORDER?

An eating disorder is a condition in which poor self-destructive eating behaviors compromise your physical and mental health. Self-destructive eating behaviors include restricting food, bingeing, purging, laxative abuse, and compulsive exercise among others. It also includes what you believe to be true about the foods you're eating and how they impact your body.

## WHAT ARE SOME DANGERS OF EATING DISORDERS?

- Malnutrition
- Ruptured stomach (gastric rupture due to binge eating results in an 80% fatality rate)
- Serious heart, kidney and liver damage
- Internal bleeding
- Esophageal tears (throat tears) and rupture from vomiting
- Depression, anxiety, obsessive-compulsive disorder and substance abuse
- Tooth erosion/gum disease
- Low self-esteem
- Isolation and impaired social relationships
- Mood swings

- Constipation
- Muscle loss
- Osteoporosis
- Electrolyte imbalance
- High blood pressure, cholesterol, and triglycerides (fat in the blood)
- Cardiac arrest
- Death

## EXERCISE AND EATING DISORDERS

Exercise is a great way to practice healthy living. Exercise is important because it helps you feel good and maintain your natural body weight. Exercise is any form of physical body movement. There are many ways to become physically fit without harming you body. Intense exercise without a healthy approach to your nutrition is a form of purging. If you are currently under treatment for an eating disorder your exercise may be restricted, limited, and/or monitored due to your current medical and mental state. Following your meal plan, getting medically stable if needed, and decreasing your eating disorder behaviors are the best ways to gain back exercise if it has been restricted.

## READINESS AND CONFIDENCE

Since you are in fact the author of your life, you can choose how you would like to live. There are many people that say they want to be healthy, but not all people are willing to do the work to being healthy. Frankly, healthiness is a life style, not a diet plan to follow for a few months. I invite you to take a look at the scales below. Be honest with yourself, it's truly the only way to move through this eating disorder and into creating a vibrant life.

**Directions:** Complete the Readiness and Confidence Scales below. Discuss with your dietitian why you chose the numbers you did, and why you did not choose a different number. For example, if you circled a 5 or 6 than why did you choose that number instead of an 8, 9, or 10. Or if you choose a 10, than why did you choose a 10 instead of 9? There are blank journal pages at the back of this booklet, if you need to write more after finishing the scales, do it.

### Readiness

How ready are you to begin treatment, make positive changes, follow a meal plan, and start to let go of your eating disorder? 1 is feeling the "No, I'm not ready" and 10 "Yes, let's start today!"

Circle the number below that honestly reflects where you are.

Readiness scale

1      2      3      4      5      6      7      8      9      10

## Confidence

How confident are you that you can do it? 1 is feeling, “No, I can’t do it” and 10 is feeling, “Yes, I can! There isn’t anyone that could stop me!”

Circle the number below that honestly reflects where you are.

Confidence scale

1    2    3    4    5    6    7    8    9    10

---

## HOW DOES MEAL PLANNING WORK?

**Your meal plan:** The plan will incorporate exchanges from different food groups to meet your recommended calorie goal, which is set by your dietitian. Your calorie goal is calculated according to six areas: your height, weight, activity level, sex, age, and current food intake. Your meal plan will include at least three meals and one snack per day. Your dietitian will work with you to not obsess about calories. This may take some work. For that reason, calories have been left off the exchanges lists and will not be discussed in this booklet.

**Do not skip meals.** Your meal plan is part of your prescription. Think of your meal plan like a prescription medication for an illness or disease. When you are sick or not feeling well and go to the doctor, the doctor prescribes medicine that you need to take to become well. You must follow your meal plan and not skip any meals in order to feel better and be healthy. Skipping meals, especially breakfast can set you up for failure.

### 10 reasons why skipping meals is not a healthy diet practice:

- May cause you to become too hungry and overeat at your next meal
- May cause you to have cravings for less healthier foods
- Slows your metabolism
- Reduces your energy
- Results in missed nutrients that your body needs
- Starves your brain, body, and muscles
- Disrupts your body’s hunger satiety signals
- Can make it hard to concentrate and focus
- May cause irritability
- Slows process of recovery

**IMPORTANT NOTE:** As summarized by our government’s Food and Nutrition Service, children who are breakfast eaters versus children who are non-breakfast eaters have a healthier body mass index, better nutritional intake, academic success, mood, behavior, focus and concentration, fewer illnesses, and less missed school<sup>1</sup>

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<sup>1</sup> Food and Nutrition Service, United States Department of Agriculture, *Expanding School Breakfast Talking Points*. Available from: <[http://www.fns.usda.gov/cnd/breakfast/expansion/breakfast\\_talkingpoints.pdf](http://www.fns.usda.gov/cnd/breakfast/expansion/breakfast_talkingpoints.pdf)>. [17 June 2011].

## **EXCHANGES**

Exchanges help make meal planning simpler by categorizing foods into caloric equivalents. This allows equal food substitutions within the same category. For example, 1 slice of bread can be substituted for  $\frac{1}{3}$  cup of rice or  $\frac{1}{2}$  cup of grits because all equal 1 starch exchange. Your dietitian will help you learn the exchange system.

Sometimes portion sizes can be deceiving and look bigger or smaller than they really are. Trust your dietitian and know that she/he has your best interests in mind. If you feel uncomfortable about your meal plan, then make sure you clearly communicate that to your dietitian. It is better to let your dietitian know what you are capable of doing instead of accepting the meal plan while knowing that you honestly cannot follow it. Keep in mind that your dietitian may push you to eat more, eat less, try new foods, or take away foods. Follow these changes while being honest with yourself and your dietitian.

Many foods such as soup, egg substitute, fat-free cheese, sugar-free Jell-O, and fat-free Cool Whip are not listed on these exchange lists for a reason. It is not advised that people recovering from eating disorders include “diet” foods on their meal plan. Any food that implies a weight loss message is considered a “diet” food. Weight control bars/shakes, diet Jell-O, diet cereal, sugar-free or diet desserts, and most Special K products are considered “diet” foods. You need to learn how to incorporate all foods except “diet” foods into your diet. A healthy diet includes fried foods, desserts, and pizza when balanced with fruit, vegetables, and whole grains.

## **WATER**

Water is essential for life. Water helps circulate nutrients, remove waste, and regulate your body temperature. Milk, juice, tea, and many other fluids may be counted towards your fluid intake. Be aware if you are restricting fluid and/or losing fluid through purging or excretion you are at greater risk for dehydration. Make sure to drink enough fluids to keep your body running smoothly.

## **FOOD PREPARATION**

In the beginning of treatment, it is a good idea to measure your foods. If your treatment or support team believes that you will have difficulty measuring the correct amount of food, then you will need someone else to measure and prepare your food for you. Eventually, you will learn to eyeball and “guesstimate” food measurements and become less rigid in your food preparation.

Some measurement abbreviations include:

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

g = gram(s)

pcs = pieces

**IMPORTANT NOTE:** Remember, as you are reading this booklet, one of your recovery goals is to develop a positive relationship with food. Learn to appreciate all the essential nutrients that food provides and know that your body needs these nutrients to function and feel its best. Keep in mind all the benefits that you are missing out on when not consuming, or digesting, a variety of healthy foods each day. Start looking at food as a positive addition to your body instead of a negative addition. Even dessert has its role in healthy eating.

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# EXCHANGES

# STARCH

Foods on the Starch list contain similar amounts of carbohydrates per exchange.

## **Carbohydrates give you energy**

Carbohydrates give you energy and are the body's main energy source. Your brain and nervous system rely on carbohydrates to function. Your body never stops running and demands lots of fuel to keep up with your daily activities. Replenish your body with healthy carbohydrates throughout the day to move towards good health. Carbohydrates are essential for good health.

## **GOOD HEALTH TABLE: STARCHES**

Whole grains, beans, peas, and lentils are key sources of iron, magnesium, selenium, B vitamins, and fiber. The following table describes some of their health benefits.

### **Nutrient Benefits**

<b>Nutrient</b>	<b>Health Benefit</b>
Iron	Helps red blood cells carry oxygen; aids in brain development and immune function; helps prevent anemia and infections
Magnesium	Aids in enzyme function; aids in nerve and muscles contraction; helps build strong bones
Selenium	Functions as an antioxidant, helps protect against heart disease; may help protect against cancer; helps cellular growth; enhances immune function
B vitamins	Helps convert food into energy; needed for proper brain function
Fiber	Helps maintain a healthy digestive tract; helps reduce risk of heart disease; may reduce risk of colon cancer

## Starches, Whole grains, and Phytonutrients

Many starches contain whole grains, which are high in phytonutrients to help fight off disease.

Food	Phytonutrient	Health Benefit
Whole wheat	Flavonoids	Function as antioxidants; protects against cancer
Whole grains	Lignans, phytic acid	May help reduce risk of breast, colon, ovarian, and prostate cancers
Oats, potatoes	Phenolic acids	May help reduce amounts of cancer causing compounds in the body
Legumes, potatoes	Protease inhibitors	May slow tumor growth
Lentils, black-eyed peas	Tannins	Function as an antioxidant; may help reduce risk of cancer

## Beans and Health

Beans are a healthy source of protein, carbohydrate, fiber, iron, B vitamins, potassium, and antioxidants. Beans are one of the highest sources of antioxidants among all other foods; even fruits and vegetables.

### Insufficient carbohydrate intake may lead to:

- Fatigue
- Muscle cramps
- Poor mental function including depression and anxiety
- Constipation



Each "AMOUNT" equals one starch exchange.

<b>BREAD</b>	<b>AMOUNT</b>
Bagel	1/4 large (1 oz)
Bread	1 slice
Bun (hamburger, hot dog)	1/2 (1 oz)
Chapatti (6 inches)	1
Dinner roll	1 (1 oz)
English muffin	1/2
Pancake (4 inches across, 1/4 inch thick)	1
Pita (6 inches)	1/2
Tortilla; corn, flour (6 inches)	1
Tortilla (10 inches)	1/3

<b>CEREALS</b>	<b>AMOUNT</b>
Bran, flaked	1/2 cup
Cooked cereal: oats, oatmeal, cream of wheat, grits	1/2 cup
Grape nuts, granola cereals, muesli	1/4 cup
Puffed cereals	1 1/2 cup
Ready-to-eat cereal, unsweetened	3/4 cup
Shredded wheat; spoon size (sugar coated and plain)	1/2 cup
Sugar frosted cereal	1/2 cup