

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

Weight Maintenance Nutrition Therapy

Balanced and flexible eating is important for your child's nutrition recovery. Generally, it is best that you prepare meals and offer snacks in the same manner as you did before the eating disorder behaviors developed.

A main goal of treatment is to support your child's return to a normal eating pattern. Offer foods your child used to eat and encourage a variety of foods and beverages. This approach may be challenging, but it will support your child to overcome their eating disorder thoughts and fears of eating specific foods. You may need to offer challenge foods multiple times before your child will eat them.

Build a Plate for Weight Maintenance

Using the plate can help you guide portion sizes and serve the amount of food your child needs for recovery. No measuring or counting is required.

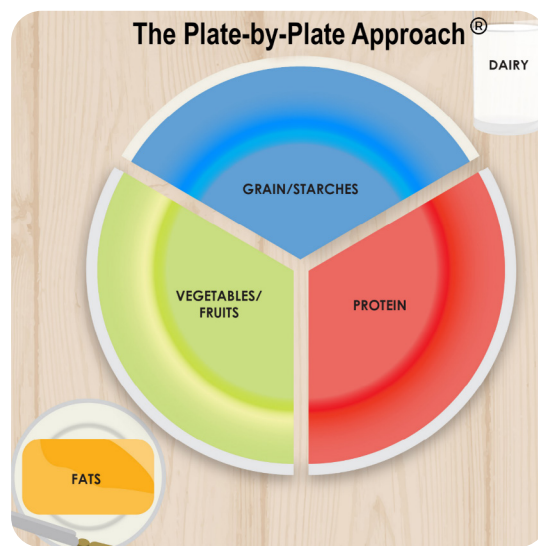


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Tips

- Provide your child with 3 meals and 2-3 snacks daily.
- Avoid diet or low-fat foods because they will not help your child meet their calorie needs.
- For meals, fill a large plate typically used for meals (approximately 10-11 inches in diameter). Fill $\frac{1}{3}$ of the plate with the following:
 - Grains such as pasta, rice, bread, tortillas
 - Proteins such as eggs, meat, fish, beans/lentils
 - Fruits or vegetables
- For snacks, fill a small plate (approximately 6-8 inches in diameter) with 2-3 foods, such as crackers, cheese, and fruit or nuts and yogurt.
- Include dairy foods such as yogurt, cheese, milk, or ice cream in at least 3-4 meals and snacks.
- Include fats and oils such as vegetable oils, butter, avocado, peanut/nut butters in meals and snacks.
- Include sweets and snack-type foods to help meet calorie needs.

Meal Ideas to Fill Your Child's Plate: Example 1

Meal	Menu
Breakfast	<ul style="list-style-type: none">■ 2 scrambled eggs■ 3 slices bacon■ 2 slices toast with butter■ Orange
Snack	<ul style="list-style-type: none">■ 1 tablespoon peanut butter■ 1 apple
Lunch	<ul style="list-style-type: none">■ Turkey wrap made with:<ul style="list-style-type: none">■ 12-inch tortilla■ 3 ounces turkey■ 2 slices cheese■ ¼ avocado■ Spinach■ 1 ounce chips (2 handfuls) or cucumber spears■ 1 cup grapes
Snack	<ul style="list-style-type: none">■ 1 cup cereal■ 1 cup 2% milk■ Banana
Dinner	<ul style="list-style-type: none">■ 1 cup pasta with sauce■ 3 ounces ground beef or turkey■ 1 cup broccoli■ 1 cup 2% milk

Meal Ideas to Fill Your Child's Plate: Example 2

Meal	Menu
Breakfast	<ul style="list-style-type: none">■ 1 cup oatmeal (or 2 packets) with brown sugar■ 1 banana■ 1 cup 2% milk
Snack	<ul style="list-style-type: none">■ ¼ cup trail mix (handful)■ 8 ounces chocolate milk
Lunch	<ul style="list-style-type: none">■ 1 cheeseburger made with:<ul style="list-style-type: none">■ 3 ounce hamburger patty■ 1 bun■ 1 slice cheese■ Lettuce■ Tomato■ French fries with ketchup■ Apple slices
Snack	<ul style="list-style-type: none">■ 1 cup carrot sticks (2 handfuls)■ ½ cup hummus or 2 tablespoons ranch dressing■ 1 ounce pretzels (2 handfuls)
Dinner	<ul style="list-style-type: none">■ 3 ounces protein such as chicken or fish, baked■ 1 sweet potato, baked with butter■ ½ cup green beans, cooked■ 1 slice of garlic bread■ 1 cup 2% milk

Sample Meal Plan

Use this form to create an individualized meal plan.

Meal

Menu

Breakfast

Lunch

Dinner

Snack

Notes: