

EFFECTS OF DISORDERED EATING

THERE ARE A NUMBER OF STUDIES WHICH SHOW THAT RESTRICTING EATING AND CONSEQUENT WEIGHT LOSS CAN RESULT IN THE FOLLOWING SYMPTOMS -DO ANY OF THEM SOUND FAMILIAR?

ATTITUDE AND BEHAVIOUR RELATED TO EATING

- THINKING ABOUT FOOD A LOT - HARD TO THINK ABOUT OTHER THINGS
- PLANNING MEALS AND WHAT CAN AND CAN'T EAT DURING THE DAY
- CHANGES IN THE TIME SPENT AT MEAL TIMES (SOMETIMES EATING VERY SLOWLY OR VERY QUICKLY)
- INCREASED HUNGER
- RIGID ROUTINES AND INFLEXIBILITY AROUND MEALS



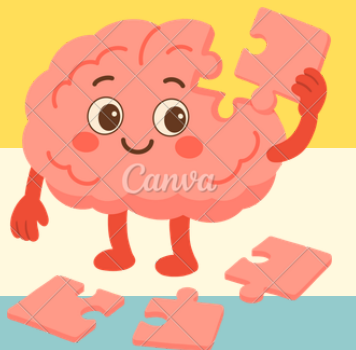
EMOTIONAL CHANGES



- LOW MOOD
- INCREASED ANXIETY
- INCREASED IRRITABILITY WITH YOURSELF AND OTHERS
- A SENSE OF APATHY AND HOPELESSNESS
- SOMETIMES NEGLECTED PERSONAL HYGIENE
- INCREASED PANIC IF FACED WITH NEW FOODS

PHYSICAL CHANGES

- INCREASED FEELINGS OF BLOATING/WIND/FEELING FULL
- INTERRUPTED SLEEP
- DIZZINESS AND HEADACHES
- REDUCED STRENGTH
- HAIR LOSS/THINNING
- HYPERSENSITIVITY TO NOISE AND LIGHT
- COLD HANDS AND FEET
- ABNORMAL TINGLING /PRICKLING SENSATIONS IN HANDS AND FEET
- FEELING VERY TIRED AND WEAK
- AMMONHOREA IN FEMALES (LOSS OF MENSTRUAL CYCLE)
- REDUCED LIBIDO



SOCIAL CHANGES

- WITHDRAWAL FROM FAMILY AND FRIENDS
- CANCELLING PLANS WITH FRIENDS AND FAMILY
- STOPPING GOING OUT SO MUCH - LOSING INTEREST IN PAST HOBBIES
- REDUCED SENSE OF HUMOUR



COGNITIVE CHANGES

- IMPAIRED CONCENTRATION/ALERTNESS/JUDGEMENT
- DIFFICULTLY IN MAKING DECISIONS
- SOME PEOPLE SAY THEY HEAR A VOICE WHICH TELLS THEM TO EAT EVEN LESS
- IRRATIONAL THINKING

THESE SYMPTOMS CAN GET WORSE THE MORE WEIGHT WHICH IS LOST HOWEVER SOME SYMPTOMS CAN ALSO HELP KEEP EATING DIFFICULTIES GOING. FOR EXAMPLE AN EFFECT OF RESTRICTED EATING CAN BE GASTRO INTESTINAL DISCOMFORT (BLOATING/WIND/FULLNESS) WHICH CAN BECOME A BARRIER TO INCREASING FOOD INTAKE. AS A REGULAR PATTERN OF EATING IS RESTORED AND WEIGHT RESTORATION OCCURS PEOPLE OFTEN REPORT THAT PHYSICAL AND PSYCHOLOGICAL SYMPTOMS IMPROVE.

REGULAR EATING



ONE OF THE MOST IMPORTANT WAYS TO HELP YOU GET OVER YOUR EATING DIFFICULTIES IS TO START EATING REGULARLY. SOMETIMES THE EASIEST APPROACH TO MEAL PLANNING IS TO THINK OF DIVIDING UP YOUR DAY INTO 3 MEALS AND 2 OR 3 SNACKS. THIS SPREADS OUT YOUR FOOD INTAKE TO ENABLE YOU TO MAINTAIN ENERGY LEVELS THROUGHOUT YOUR DAY TO SUPPORT ALL YOUR ACTIVITIES.

REGULAR EATING MEANS:

- EATING AT REGULAR TIMES THROUGHOUT THE DAY, WITH NO MORE THAN THREE OR FOUR HOURS BETWEEN EACH SNACK OR MEAL
- KEEPING THE SAME PATTERN OF MEALS FROM DAY TO DAY.

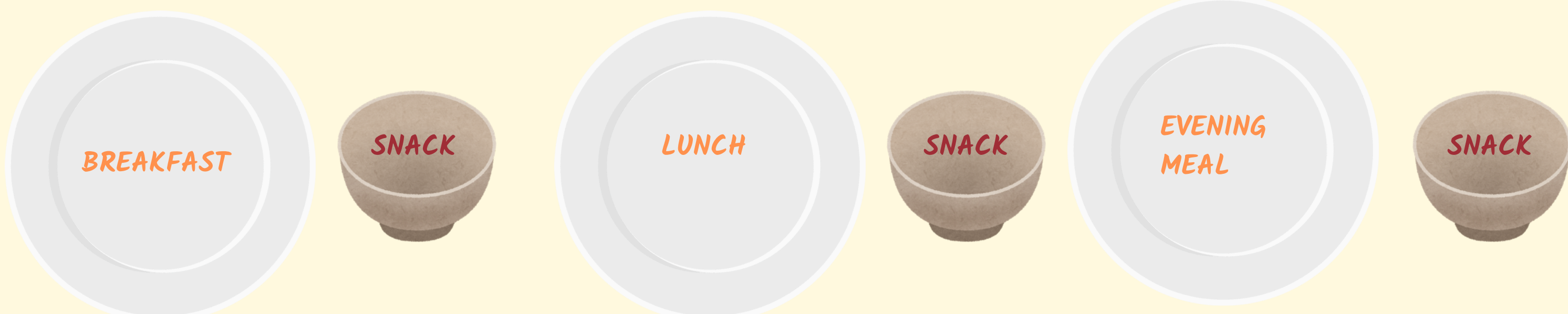
YOUR BRAIN DEPENDS ON A FAIRLY EVEN BLOOD SUGAR LEVEL TO FUNCTION WELL, WHICH IS ANOTHER REASON FOR SPREADING OUT YOUR FOOD INTAKE THROUGHOUT THE DAY. REGULARLY EATING CAN HELP US GAIN SOME CONTROL OVER OUR EATING BEHAVIOUR.

REGULAR MEALS AND SNACKS HELP TO KEEP BLOOD SUGAR LEVELS NORMAL AND LESSEN THE URGE TO BINGE. IF WE DON'T EAT REGULARLY THROUGHOUT THE DAY IT COULD RESULT IN THE FOLLOWING

SYMPTOMS:

TIREDNES
IRRITABILITY
CRAVING FOR FOOD PARTICULARLY CARBOHYDRATE
FOODS
SHAKINESS AND DIZZINESS

ARE ANY OF THESE SYMPTOMS FAMILIAR TO YOU?

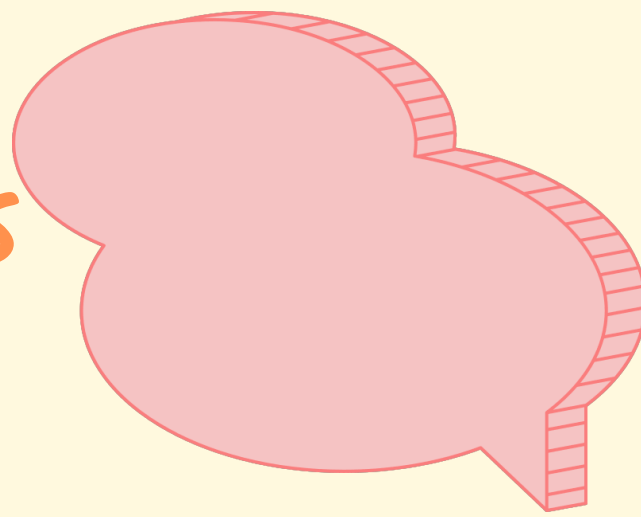


SIDE EFFECTS OF STARTING TO EAT NORMALLY AGAIN

STARTING TO EAT NORMALLY AGAIN FROM LOW WEIGHT AND FROM EATING VERY SMALL AMOUNTS CAN BRING ABOUT SYMPTOMS WHICH MEANS THAT THE BODY IS ADAPTING AND STARTING TO RECOVER FROM YOUR EATING DIFFICULTIES. YOU MAY NOT EXPERIENCE ALL THESE SYMPTOMS HOWEVER IT MIGHT HELP TO UNDERSTAND WHAT MIGHT HAPPEN AND WHY. UNFORTUNATELY THERE IS NO WAY AROUND THESE PHYSICAL DIFFICULTIES BUT THE KEY THING TO FOCUS ON IS THAT IT'S A STEP ON THE ROAD TOWARDS BETTER HEALTH.

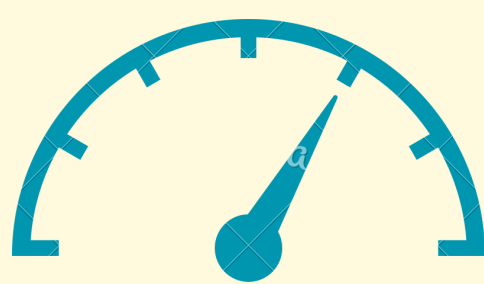
BLOATING/STOMACH UPSET/BOWEL MOVEMENTS

THE DIGESTIVE TRACT SLOWS RIGHT DOWN AND AS A RESULT FOOD MOVES SLOWLY THROUGH IT AND FEELS UNCOMFORTABLE. THIS EXPLAINS THE HEIGHTENED SENSITIVITY TO FEELINGS OF FULLNESS AND BLOATING. THIS IS A RESULT OF BEING IN A STARVED STATE AND YOUR BODY HAS HAD TO USE ITS OWN ENERGY RESERVES IN ORDER TO KEEP YOUR BRAIN AND ORGANS WORKING. SOME CLIENTS REPORT AN IMPROVEMENT AFTER 2- 4 WEEKS OF STARTING TO EAT NORMALLY AGAIN HOWEVER IT CAN TAKE LONGER.



FEELING OF FULLNESS

THIS CAN BE DUE TO YOUR STOMACH TAKING A LITTLE LONGER TO EMPTY FOLLOWING A PERIOD OF STARVATION. ALLOW ADEQUATE TIME FOR EATING AND FOLLOW A MEAL PLAN, WHICH INCLUDES 3 MEALS AND 3 SNACKS SO THAT FOOD CAN BE SPREAD OUT OVER THE DAY. THIS FEELING WILL GRADUALLY IMPROVE BUT IT IS IMPORTANT TO PERSEVERE WITH REGULAR EATING.



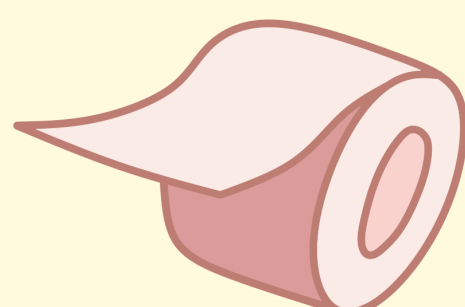
FLUID RETENTION

ONCE YOU BEGIN TO EAT NORMALLY AGAIN YOU MIGHT NOTICE YOUR STOMACH FEELS BLOATED AND MIGHT RETAIN SOME FLUID. THIS CAN BE A RESULT OF LOW PROTEIN LEVELS WITHIN YOUR BODY AND ALSO YOUR BODY STARTING TO STORE GLYCOGEN (A CARBOHYDRATE STORED IN YOUR LIVER AND MUSCLES THAT YOUR BODY USES DURING TIMES WITHOUT FOOD OR DURING EXERCISE).

GLYCOGEN HOLDS 2-3 TIMES ITS WEIGHT IN WATER SO THIS CHANGE CAN RESULT IN LARGE INITIAL INCREASE IN WEIGHT BUT THIS WILL NOT CONTINUE. THIS FLUID RETENTION USUALLY RESOLVES ITSELF

CONSTIPATION

AGAIN YOU MIGHT EXPERIENCE THIS AS A RESULT OF THE EFFECTS OF STARVATION ON YOUR STOMACH AND THE REST OF YOUR GUT. TRY TO DRINK THE 8-10 CUPS OF FLUID EACH DAY AND INCLUDE DIFFERENT SOURCES OF FIBRE IN YOUR DIET E.G. OATS, FRUIT, VEGETABLES AND WHOLE GRAIN CEREALS.

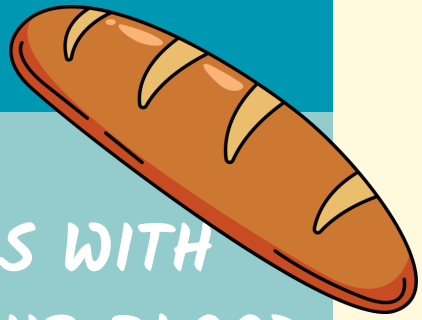


WHAT TO INCLUDE IN YOUR MEAL PLAN?

A GOOD DIET IS IMPORTANT FOR GOOD HEALTH. EATING A VARIETY OF FOODS CAN IMPROVE GENERAL WELLBEING, REDUCE THE RISK OF CONDITIONS INCLUDING HEART DISEASE, STROKE, SOME CANCERS, DIABETES AND OSTEOPOROSIS (THINNING OF THE BONES). WE CAN EAT IN A BALANCED WAY BY FOLLOWING A DIET WHICH IS MADE UP OF DIFFERENT FOOD GROUPS. BY CHOOSING A VARIETY OF FOODS FROM THE GROUPS YOU CAN EASILY ACHIEVE A HEALTHY BALANCED DIET.

COMPLEX CARBOHYDRATES

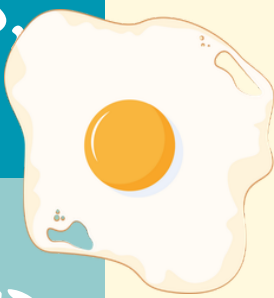
AIM TO INCLUDE AT EACH MEAL TIME – INCLUDES POTATOES, CEREAL, RICE, PASTA, BREAD, CRACKERS, COUSCOUS AND OATS.



CARBOHYDRATES PROVIDE US WITH ENERGY AND HELP STABILISE OUR BLOOD SUGAR LEVELS. LOW BLOOD SUGAR LEVELS CAN MAKE US FEEL A BIT SHAKY, TIRED AND CRAVE SUGARY FOOD. THESE FOODS ALSO CONTAIN B VITAMINS, WHICH ARE VITAL FOR IMPROVING OUR MOOD AND NERVOUS SYSTEM. SOME CARBOHYDRATES ALSO GIVE US FIBRE WHICH CAN HELP YOUR DIGESTIVE SYSTEM WORK MORE EASILY.

PROTEIN

MEAT, FISH AND ALTERNATIVES: AIM FOR 2 -3 SERVINGS /DAY – INCLUDES BEEF, CHICKEN, FISH, BEANS, PULSES, EGGS, TOFU, QUORN



FOODS FROM THIS GROUP ARE VITAL IN MAINTAINING OUR MUSCLE STRENGTH AND ARE NEEDED FOR TISSUE GROWTH - E.G. HAIR CONDITION AND NAIL GROWTH. SOME FOODS FROM THIS GROUP ARE ALSO AN IMPORTANT SOURCE OF IRON WHICH IS VITAL IN THE PROTECTION AGAINST IRON DEFICIENCY ANAEMIA WHICH CAN MAKE YOU FEEL TIRED AND WORN OUT.

FRUIT AND VEGETABLES

AIM FOR 5 OR MORE PORTIONS EACH DAY



THESE FOODS PROVIDE US WITH VITAL VITAMINS AND MINERALS TO HELP PROTECT OUR BODIES FROM HEART DISEASE AND CANCER. THEY ALSO ARE A RICH SOURCE OF FIBRE THEREFORE KEEPING OUR BOWELS HEALTHY. FIBRE CAN BE FILLING THEREFORE HAVING TOO MUCH FRUIT AND VEGETABLES CAN MAKE IT HARDER TO EAT OTHER ESSENTIAL FOOD GROUPS. MORE INFORMATION ABOUT PORTION SIZES CAN BE FOUND ON NHS CHOICES WEBSITE OR THE CHANGE 4 LIFE WEBSITE.

MILK AND DAIRY FOODS

AIM FOR 3 SERVINGS /DAY – INCLUDES CHEESE, MILK, YOGHURT, SOYA PRODUCTS AND FORTIFIED MILK ALTERNATIVES.



THESE FOODS ARE RICH IN CALCIUM AND VITAMINS A AND D. CALCIUM IS VITAL TO HELP PRESERVE OUR BONE HEALTH AND HELP TO PREVENT OSTEOPOROSIS. DAIRY FOODS ARE ALSO A GOOD SOURCE OF PROTEIN HOWEVER SOME PRODUCTS SUCH AS ALMOND MILK ARE LOW IN PROTEIN

FOODS CONTAINING FAT AND SUGAR

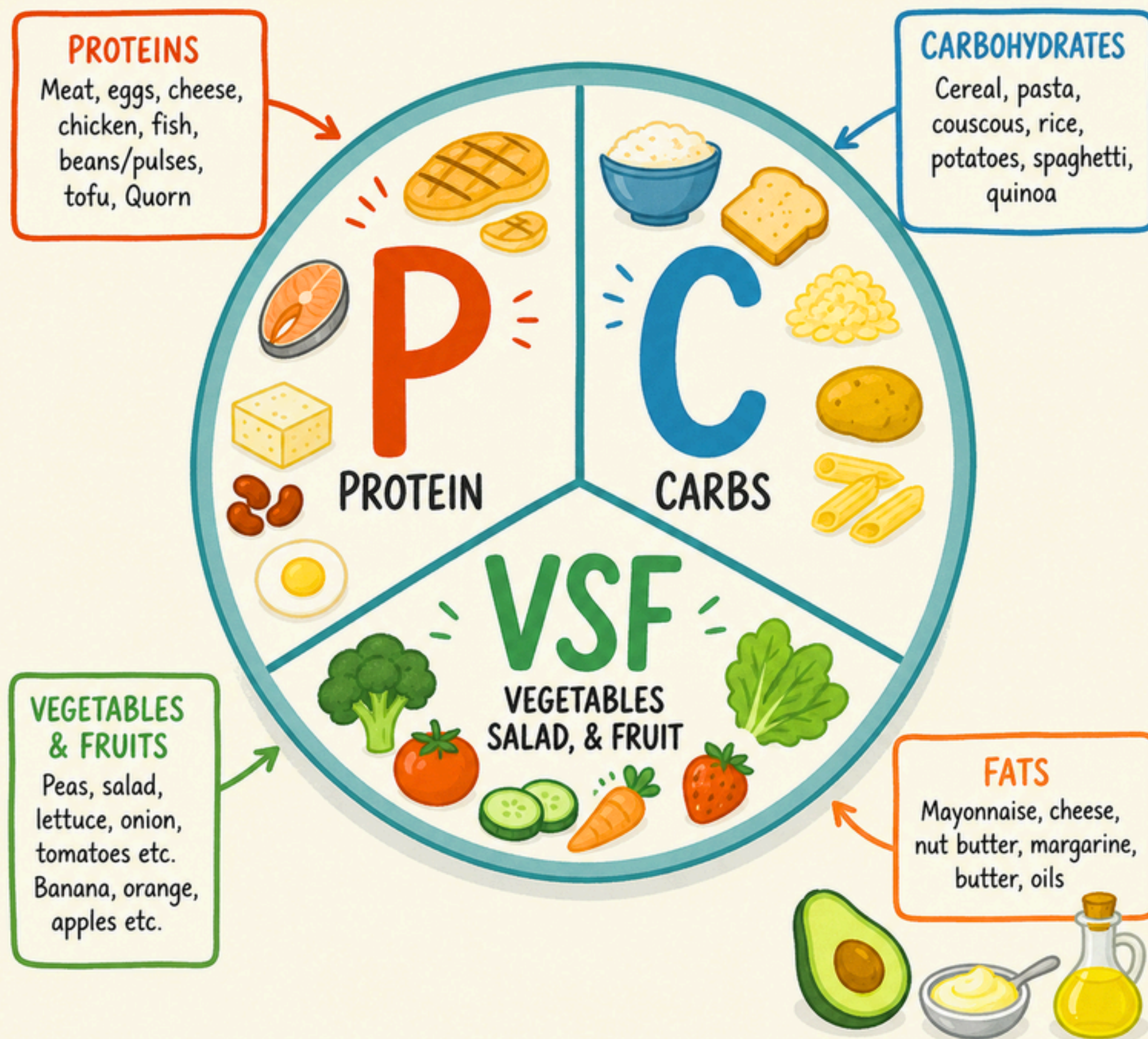
AIM TO INCLUDE A SOURCE OF FAT AT EACH MEAL – INCLUDES SPREAD, OILS, NUTS, MAYONNAISE.

THESE FOODS ARE IMPORTANT AS PART OF A HEALTHY DIET AS THEY OFFER PROTECTION FOR OUR ORGANS, PROVIDE ESSENTIAL FATTY ACIDS AND FAT SOLUBLE VITAMINS, SUCH AS A, D, AND K. FOODS SUCH AS BISCUITS, CHOCOLATE AND CRISPS ARE PART OF THIS FOOD GROUP AND A SMALL AMOUNT EACH WEEK CAN BE ENJOYED AS PART OF BALANCED DIET

MEAL PLANNING

- BASIC GUIDELINES FOR MOST MEAL PLANNING CAN BEGIN WITH A MEAL THAT IS APPROXIMATELY 1/3 FRUITS/VEGETABLES, 1/3 PROTEINS (MEATS, POULTRY, EGGS, BEANS OR TOFU), AND 1/3 CARBOHYDRATES (BREADS, CEREALS, RICE, PASTAS)
- IT IS IMPORTANT TO INCLUDE A SOURCE OF FAT AT EACH MEAL
- BALANCED AND REGULAR MEALS WILL HELP YOU OVERCOME YOUR EATING DIFFICULTIES

THE HEALTHY PLATE



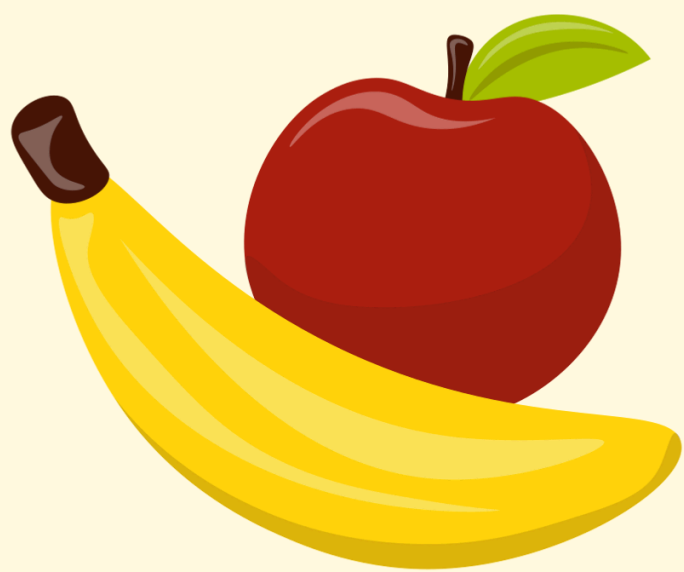
SNACKS

IF 4 OR 5 HOURS PASS AFTER EATING EVEN A FAIRLY GOOD-SIZED MEAL, YOUR STOMACH HAS EMPTIED, AND YOUR BLOOD SUGAR LEVEL WILL BEGIN TO DROP. NOT ONLY WILL YOU BEGIN TO FEEL THE SENSATIONS OF HUNGER; OTHER PHYSICAL, EMOTIONAL AND EVEN MENTAL CHANGES COULD BE STARTING TO TAKE PLACE SIGNALING YOU TO EAT.

WAYS YOUR BODY SENDS OUT HUNGER MESSAGES TO YOU COULD BE STOMACH RUMBLING, NAUSEA, DIZZINESS, LIGHTHEADEDNESS, HEADACHE, GENERAL SLUGGISHNESS, FEELING "SPACEY," THE INABILITY TO CONCENTRATE, IRRITABILITY, AND DECREASED HAND-EYE COORDINATION. SNACKS THAT ARE EATEN BETWEEN MEALS CAN HELP TO PREVENT THESE SYMPTOMS.

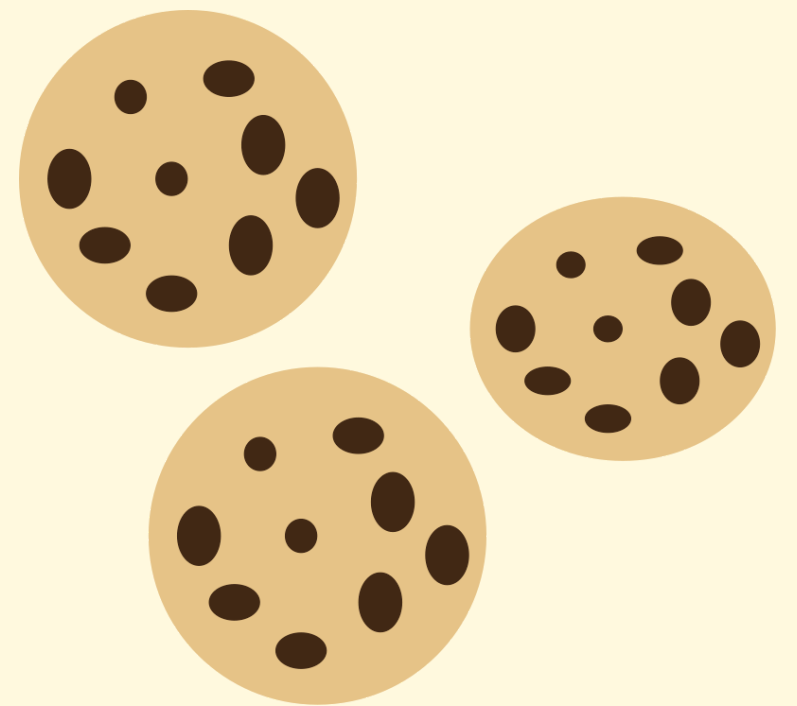
YOU MAY HEAR THAT SNACKING IS "BAD FOR YOU," THAT IT WILL CAUSE WEIGHT GAIN, OR LEAD TO OUT-OF-CONTROL EATING HOWEVER THIS IS NOT THE CASE. SNACKS ARE IMPORTANT WHEN YOU ARE TRYING TO RECOVERY FROM AN EATING DISORDER AND WILL ENABLE YOU TO MAINTAIN REGULAR EATING. A VARIETY OF DIFFERENT SNACKS CAN SUPPLY NEEDED ENERGY, PROTEIN, VITAMINS, MINERALS, AND FIBRE

SNACK IDEAS










FRUIT E.G BANANA
2 X BISCUITS
MALT LOAF (1 INCH)
CEREAL BAR
SMOOTHIE 200ML
PACKET OF CRISPS
200ML GLASS OF MILK
SNACK SIZE PACKET OF NUTS/RAISINS
FLAPJACK
CRUMPET
PIECE OF TOAST + SPREAD
MINI MUFFIN
SCONE/TEACAKE/HOT CROSS BUN
HOT CHOCOLATE MADE WITH MILK
CEREAL + MILK
YOGHURT
OAT CAKES
BREAD STICKS AND HUMMUS

PAIR A CARBOHYDRATE (E.G. FRUIT) WITH PROTEIN OR HEALTHY FATS (E.G. YOGHURT) FOR LONGER-LASTING ENERGY AND FULLNESS.



MEAL PLAN EXAMPLE

MEAL PLAN		
MEAL	WHY IT MATTERS	EXAMPLE
BREAKFAST	Provides energy after the night fast and helps kick-start your body and brain for the day. Supplies important nutrients and minerals for overall health. ♡	 Porridge with berries and yoghurt
MID MORNING	Keeps blood sugar levels steady throughout the morning. Provides nutrients and helps manage hunger and reduces binge eating. ♡	 Fruit and a handful of nuts
LUNCH	Should provide a mixture of protein, carbohydrates and healthy fats, along with essential vitamins, minerals and fibre. ♡	 Chicken sandwich, salad, and fruit
MID AFTERNOON	Provides energy and important nutrients to keep you going and helps prevent tiredness and supports focus. ♡	 Yoghurt or oatcakes with cheese
EVENING MEAL	Should provide a mixture of protein, carbohydrates and healthy fats, along with vitamins, minerals and fibre for overall health. ♡	 Salmon, potatoes, and vegetables
SUPPER	A light snack a few hours after your evening meal helps keep blood sugar levels steady throughout the night. ♡	 Toast with peanut butter or a small yoghurt
DRINKS	Aiming for 8–10 cups (2000ml) of fluid each day to maintain good hydration. ♡	 Water, milk, tea, coffee, sugar-free drinks