



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

By Amy E Galena Msh Rd

iUniverse, United States, 2011. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. EAT to Your Good Health: Exchange Lists and Meal Planning for Eating Disorders offers an excellent resource for the development of healthy eating habits for those challenged by eating disorders. Rather than focusing on calories, dieting, or weight gain, author Amy E. Galena, RD, lays out guidelines that encourage readers to develop a positive relationship with food for life-long health. This guide provides nutrition education and guidance tailored for the eating disorder population; sample meal plans ranging from 1200 to 2200 calories per day; unique food journals that emphasize the nutritional benefits of food while tracking the patient's feelings and behaviors toward food; exchange lists that do not display calories or include any diet foods; encouragement to help patients develop a positive relationship with food; new insights on nutrition education for the eating disorder population; tools to help registered dietitians educate their patients about the vital importance of food on health. Amy has used her experience working with eating disordered clients to write EAT to Your Good Health. As a student at the University of North...



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Reviews

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