

Eating disorders, *medically managed.*

AN, BN, ARFID — clinical MNT for restrictive & compensatory presentations.

Built on NICE · AED · Junior MARSIPAN · WHO.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and 2 handout samples, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

Volume

Nº 16

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BEHAVIOURAL CATALOG
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A CLINICAL GUIDE

The *Eating Disorders* Nutrition Handbook

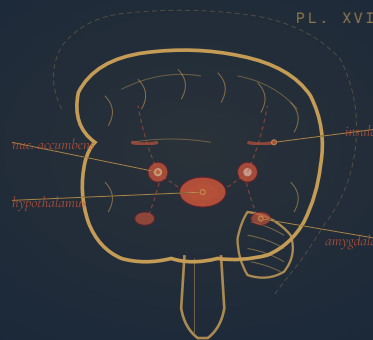


Fig. xvi · Cerebrum — reward & appetite circuitry
HYPOTHALAMUS · REWARD · INTEROCEPTION

Contents

01 Understanding Eating Disorders — Clinical Overview

DSM-5 criteria · Medical complications · MDT role · Scope of practice · Language matters

02 Nutritional Assessment in Eating Disorders

Weight history · %mBMI · Metabolic adaptation · Labs · Risk stratification · MARSIPAN

03 Refeeding in Anorexia Nervosa

Refeeding syndrome · Starting calories · Meal-based vs NGT · Electrolyte monitoring · Weight restoration · GI management

04 Bulimia Nervosa Nutrition Management

Structured eating · Purging effects · Restriction-binge cycle · Pseudo-Bartter · Laxative abuse · Oral health

05 Binge Eating Disorder

Distinguishing BED · Structured eating · Hunger-fullness training · Weight stigma · Intuitive eating

06 ARFID

Three presentations · Nutritional consequences · Graduated exposure · Supplementation · MDT working

07 Outpatient Nutrition Counselling in Eating Disorders

Meal planning · Fear foods · FBT/Maudsley · Exercise compulsion · Relapse prevention · Escalation criteria

08 Special Populations

Adolescents · Males · Athletes (RED-S) · Pregnancy · Diabulimia · LGBTQ+

09 Case Studies

10 Documentation & Monitoring

ADIME template · Monitoring schedule by treatment phase · Recovery-not-weight framework

11 Quick-Reference Cards

RED FLAG

If weight gain stalls despite apparently adequate intake, consider: covert exercise, purging, food disposal, hypermetabolism requiring calorie increase, or inaccurate intake recording. Do not reduce calories. Investigate the cause and increase intake if needed.

PATIENT HANDOUT PACK

The *Eating Disorders* Handout Pack

FIG. XVII



A balanced plate. A regular rhythm. A gentle return.

Fig. xvii · Eating to recover

VARIETY · ADEQUACY · REGULARITY

Patient Handouts

01 Understanding Your Meal Plan

02 Your Structured Eating Guide

03 Challenging Fear Foods

04 Managing Fullness & Bloating in Recovery

05 Nutrition for Your Body

06 Understanding Hunger & Fullness

07 Snack Ideas for Recovery

08 Eating with Others

09 Coping with Difficult Thoughts About Food

10 For Families & Carers

11 Physical Activity in Recovery

12 Your Recovery Journey

Your Structured Eating Guide

A practical template for building your daily eating pattern

Structured eating means eating at **regular, planned times** throughout the day — regardless of hunger levels. This is one of the most important foundations of recovery. Over time, as your body begins to trust that food is coming regularly, your natural signals will start to return.

How Often Should I Eat?

Aim to eat something every **3–4 hours**. This usually looks like 3 meals and 3 snacks, with no more than 4 hours between eating occasions. Setting gentle reminders on your phone can help if you tend to lose track of time.

What Counts as a Meal vs a Snack?

A Meal Includes:

- A starchy food (bread, rice, pasta, potato)
- A protein source (meat, fish, eggs, beans)
- A fat source (oil, butter, avocado, cheese)
- Fruit or vegetables if possible
- A drink

A Snack Includes:

- Usually 2–3 food components
- Smaller than a meal but still nourishing
- Examples: toast with peanut butter, yoghurt with fruit, cheese and crackers

The *Eating Disorders* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

10 CHAPTERS · ~65 PP

- Understanding eating disorders — clinical overview
- Nutritional assessment in eating disorders
- Refeeding in anorexia nervosa
- Bulimia nervosa nutrition management
- Binge eating disorder
- ARFID
- Outpatient nutrition counselling in EDs
- Special populations · case studies

PART TWO

Patient Handout Pack

12 PRINT-READY
HANDOUTS

- Understanding your meal plan
- Structured eating guide
- Challenging fear foods
- Managing fullness & bloating in recovery
- Nutrition for your body
- Understanding hunger & fullness
- Snack ideas for recovery
- Eating with others · coping with difficult thoughts
- For families & carers · physical activity in recovery

PART THREE

Recipe Collection

35 RECOVERY RECIPES

- Breakfast · lunch · dinner
- Snacks · desserts
- Energy-dense options for refeeding
- Fear-food friendly tags
- Family-meal options

\$89

Three handbook parts · single instant download

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