

# Meals and Snacks for Eating Disorder Recovery

## How to build a nourishing plate?

To plate balanced meals:

Fill a 25-30cm plate (e.g. large dinner plate) according to the diagrams below.

- Plate 1 contains half grains/starches + a quarter vegetables/fruit and a quarter protein + fat + dairy.
- Plate 2 contains a third each of grains/starches, vegetables/fruit and protein + fat + dairy.

Each food group provides different nutrients, so it is important to eat each food group every day to get a variety of vitamins and minerals. Your dietitian will let you know which plate model you should follow to meet your personal needs.

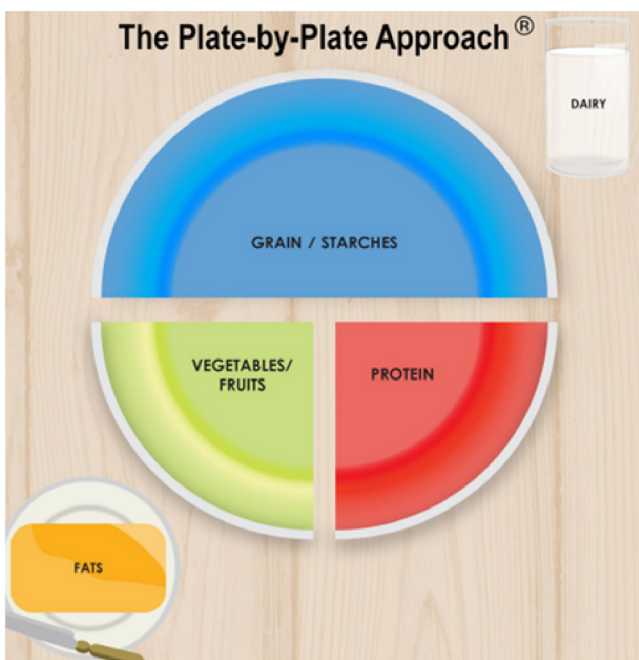


Plate 1

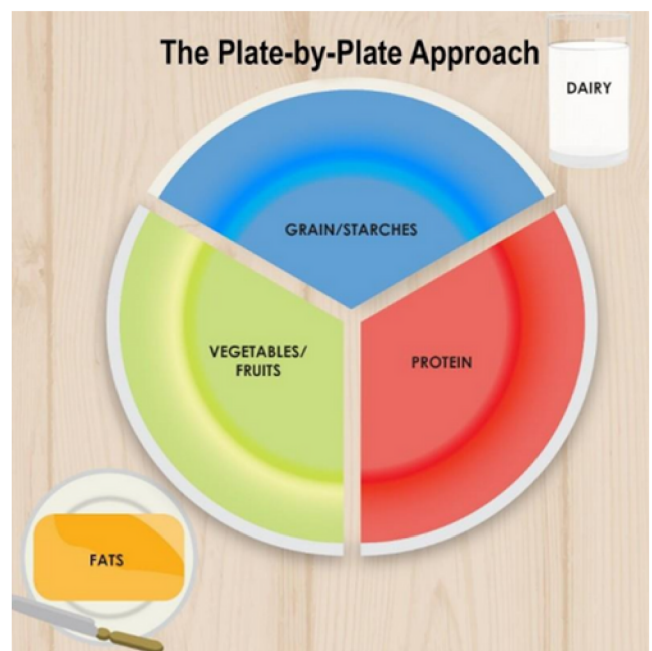


Plate 2

Snacks are a normal and natural part of eating. Going without food for too long can cause us to lose energy and focus. Snacks should be nourishing and satisfying. They should include at least two food items but not from the fruits and vegetables group (feel free to add these to your snack).

Please note that this information is for general use only and it is not to be used as a personal medical advice



## Examples of the food groups

GRAINS/ STARCHES	PROTEIN	VEGGIES/ FRUITS	DAIRY	FATS
Bread, wraps, roti, paratha, rice, pasta, noodles, muffins, crumpets, oats, quinoa, couscous, breakfast cereals, biscuits etc	Meat chicken, fish, eggs, tofu, natto, lentils, beans, nuts & seeds	Carrots, pumpkins, potatoes, broccoli, cauliflower, peas, salad greens, beetroots... Apples, bananas, pears, oranges, berries...	Full fat milk (or fortified non-dairy alternatives such as soy, coconut, oat), yoghurt, cheese	Butter, oil, creamy or oil based dressings, mayo, avocado, nut, butter

## Meal & Snack Ideas

### MEAL IDEAS

- Oat porridge (min. 3/4 cup rolled oats + 1 cup milk + 1 fruit + honey/nut butter)
- Congee (min. 2 cup) or rice (min. 1 cup) + stir fried meat, tofu, eggs + veggies
- Two slices of toast with half an avocado + two eggs
- Rice + protein + side dish per the plate model + miso soup on the side
- Sushi (min. 8) + protein (e.g. teriyaki tofu or fried chicken) + side dish (e.g. croquette, edamame, seaweed salad, dessert)
- Dumplings (min. 12) + side dish (e.g. chicken and corn soup, fried green beans)
- Stir fried noodles (min. 1 cup noodles + 3/4 cup mince/tofu + 1 tbsp oil + veggies)
- Tofu or meat curry with rice/noodles (min. 1 cup rice/noodles + 1.5 cup curry)
- Tuna pasta salad (min. 1x tin of tuna in oil + 1 cup pasta + 2 tbsp mayo)
- Grilled fish (min. 250g fillet) + potatoes + veggies



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## SNACK IDEAS

- Scone/muffin/banana bread/raisin toast with spreads
- Full fat plain or flavoured yoghurt (min. 1 cup Farmers Union or Dairy Farmers) with fruit or 1/4 cup cereal/granola
- Sweet biscuits like Belvitas (min. 4x ) + nourishing drink
- 2x meat or vegetable filled steamed buns (get these in the frozen aisle)
- Packet of chips/crackers + nourishing drink
- Crackers with cheese (min. 6) + nourishing drink or juice popper
- 1x nut pack + nourishing drink or juice popper
- Bakery bun (min. 1x regular size) + nourishing drink

## NOURISHING DRINK IDEAS

- Large milky coffee (e.g. latte)
- 1 cup of milk with drink mix like Milo, black sesame, taro, hot chocolate)
- Up & Go
- 1 cup of flavoured milk
- Smoothie or lassi (1 cup milk + fruit + 1/2 cup yoghurt)

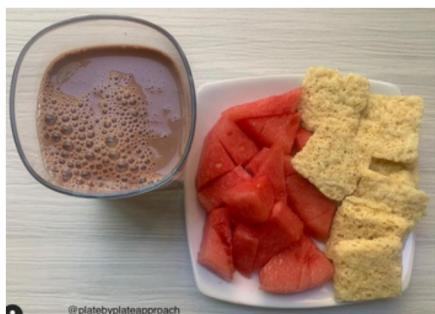


# Visual Meal & Snack Ideas



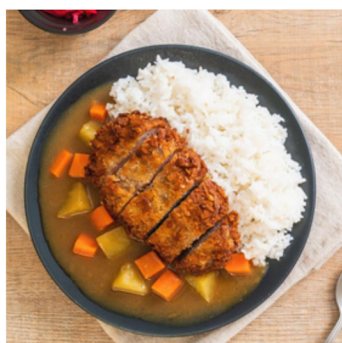
Here are some photos of what meals and snacks might look like using Plate 1 of the plate by plate approach. This is the minimum amount you should be having. You may need more food depending on where you are in recovery and what your dietitian/health provider has advised.

## SNACK IDEAS



All snacks contain a minimum of 2 food items. Left to right: 1 pack chips + flavoured milk with fruit, muffin + large latte, crackers with cheese + unpictured nourishing drink

## MEAL IDEAS



Images courtesy of @platebyplateapproach, Asian Inspirations & Pixabay.

All meals contain 1/2 plate of grains (toast, french toast, rice, pasta) + 1/4 protein (fish, crumbed chicken, meatballs, egg, yoghurt) + 1/4 vegetables/fruit + fat (avocado, mayo, oil or butter used to cook the meal) + dairy. The sushi provides grains, protein and fat + 1/4 veggies (cucumber & snap peas + an unpictured side (e.g. gyoza or mochi ice cream) which is necessary to complete the meal.

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