

Community Connections

An ACE in-house newsletter

Toolbox: Top Ten Tips for Dealing with Food, Weight, and Body Image

Don't talk negatively about your body! Negative talk breeds negative feelings overall. Remember the power of positive affirmations!

Don't weigh yourself regularly. Our body weight fluctuates daily anyway and you will drive yourself crazy seeing day-to-day changes. Don't set your mood by the scales!

Don't deprive your body of fuel! Eat in regular intervals, at least every 3-5 hours. Your body needs fuel to function.

Make sure you get the performance food pyramid guidelines as a base. Don't cheat yourself on the key energy foods, esp. grains and fruit. Eat at least 8 servings/day from complex carbohydrate foods such as breads, cereals, and grains, and at least 7 choices from fruits and vegetables.

Hydrate with decaffeinated fluids but don't overhydrate. Excess fluid can actually dilute your body's electrolytes.

Eat breakfast every day! After a ten to twelve hour fast your body needs fuel to be active and to rev up your metabolism.

Provide the building blocks of protein daily to maintain muscle and organ mass. Complete protein sources like turkey, chicken, fish, and lean red meats are needed every day. Choose alternative protein options like soy meat alternatives, tofu, beans, eggs, and peanut butter to meet your protein needs.

Eat at least a tablespoon of vegetable fat daily! Vegetable fats like olive oil or olives, nuts, salad dressings, avocado, and mayonnaise. This will help to raise your metabolism by lubricating your digestive system and helping you make regulatory hormones. These fats also help you absorb important antioxidant vitamins like A and E.

Make sure you are getting enough calcium and iron. If you are not consuming at least 2-1 cup servings of dairy per day, take a calcium citrate supplement. If you do not eat meat, your iron may be low, so take a multivitamin with the minimum daily dose of iron (females 18mg/day).

Surround yourself with healthy food and weight examples. Be a critical viewer of the media. Avoid/limit exposure to unhealthy images, messages, and people. Spend less time focusing on food and weight and more time on your true passions.

-Adapted from Page Love, RD, LD. For more info, call Page at (770) 457-1457 or of Molly McCollough, RD at (770) 458-8711 ext. 206 or talk to your case manager.

Kitchen Pantry

Fat

Why do I need it?

- Fat is an important ENERGY SOURCE and helps maintain our IMMUNE SYSTEM
- It helps our bodies manufacture HORMONES like estrogen and thyroid
- It is necessary for CELL GROWTH
- It helps us feel full and it ADDS ENJOYMENT to foods

How much do I need each day?

- A minimum of ONE TEASPOON of vegetable fat per meal and snack

What are some healthy sources of fat?

- Peanut butter and other nut butters
- Vegetable oils including olive, safflower, peanut, corn and canola
- Cheese, avocados, olives, legumes, nuts and seeds
- Mayonnaise, margarine, butter, sour cream, & salad dressings
- Ice cream, cookies, candy bars, muffins, donuts, chips, crackers & croutons

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"Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It far better to take things as they come with patience and equanimity."

-- Carl Jung

The Truth, The Whole Truth, And Nothing But The Truth

1. **TRUE:** An ED can give a false sense of control. **EVEN TRUER:** Experiencing vulnerability and trust in a safe relationship is a beginning step towards healing.
2. **TRUE:** EDs are a false form of communication about pain and suffering. **EVEN TRUER:** Healing comes out of directness and honesty in relationships with ourselves and with others.
3. **TRUE:** An ED can give a false sense of being the exception or the exceptional. **EVEN TRUER:** Healing can start when there are no special rules or requirements for us that are different from other people.
4. **TRUE:** An ED can be a false pursuit of perfection. **EVEN TRUER:** Perfection and self-control over our bodies do not make up for perceived inadequacies and failures. Healing comes when we learn that it is okay to make mistakes, and that through mistakes and the learning process, the journey becomes a positive one, not a negative one.
5. **TRUE:** An ED can be a false form of comfort and safety. **EVEN TRUER:** True safety and comfort come from relationships that are loving and accepting, and from knowing we are not alone in life's hardships.
6. **TRUE:** An ED can give a false identity and perception of self. **EVEN TRUER:** Believing that others can unconditionally accept all of us, with our strengths and weaknesses, is a step towards healing.
7. **TRUE:** An ED can be false compensation for the past. **EVEN TRUER:** Abusing our bodies cannot "make up" for things we have done or that were done to us. Instead, allowing ourselves to let go of things we can't change is a step towards healing.
8. **TRUE:** An ED can be a false attempt to avoid responsibility for life. **EVEN TRUER:** Healing comes when we take ownership of our lives, face life directly and without blame, begin to make choices and see options beyond our eating disorder, and learn to ask for help.
9. **TRUE:** An ED can be a false pursuit of approval. **EVEN TRUER:** Healing comes with inner approval. Love, not approval, is a change agent—self-love is the key to healing.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

-George Carlin

Affirmations to post on the mirror, the fridge, or anywhere you'd like:

1. My worth as a person is not diminished in any way by my body size or my eating patterns.
2. I will love myself no matter what my eating patterns are.
3. I will judge my days not by what or how much I eat, but by the accomplishments I have made and the love I have given.
4. My life is a gift, and I will not let my enjoyment of it be diminished by feeling guilty over my body size or how much I eat.
5. I am finished blaming others, situations, and myself for the way I eat. I will take action minute-by-minute, hour-by-hour, and day-by-day until I can eat normally again.
6. My eating disorder is a temporary condition in my life.
7. There is a normal eater within me. I will let her take over my life more and more each day as I am ready.
8. I can imagine a life without having an eating disorder.
9. When I feel stressed, I will close my eyes and picture how my all-powerful, normal eater would handle the situation.
10. I believe I will be a normal eater again. I know I will be a normal eater again!

-Adapted from the FFGodmother's Site for Compulsive Overeating