



Normal Eating Attitudes

"I eat when I am hungry and stop when I am full, most times. Sometimes there isn't enough and I'm still hungry. Sometimes it tastes so good I eat more. Sometimes I just feel like eating cake. Sometimes I miss a meal because I didn't plan well. Sometimes I am happy with my food choices and sometimes, 'I can't believe I ate that!...and that's OK!"

Choose to Become Part of the Solution

1. *Become more accepting of yourselves by becoming part of the solution to how society views beauty and thinness.*
2. *Stop buying magazines-cut off financial gain for the beauty industry.*
3. *Support recent ad campaigns that feature "real women."*
4. *Celebrate that there is more to a human than their weight, shape, or appearance. and apply this to yourself and others around you.*
5. *Learn to accept your strengths and weakness and the unique contributions you can make.*
6. *Forgive yourself and your perceived flaws.*

-Gina D. Graham, LCSW

Possible Experiences of Family and Loved Ones

Shock: Realization that child/family member has an eating disorder and/or you have been in denial of this

Fear/panic: Child/family member/friend has a potentially fatal condition and fear of possible damage to organs and long term health

Grief: Regret and potential loss or disruption of child/family member/friend's life

Discouragement: Repeatedly informed that this is a difficult condition

Guilt: How could I not have seen this? What did I do wrong? How can I tell others?

Loss of power: Need to rely on professionals for informed decisions on weight and activities

Derailment: One's own life is solely focused on this condition and has taken over the entire family's life.

Impatience: Incomprehension that the child/friend cannot understand danger. Difficult to muster patience at times

Empowerment: Becoming as informed as possible, working with professionals

-Sherrill Miller, CA Resource Person, taken from ANAD website





Top Ten Ways to Increase Iron in Your Diet

1. Add red meat to your diet-lean beef/park once a week (3.5 oz. = 2.5 mg, 3.5 oz. pork)
2. Include a source of vitamin C with your iron-rich foods to help increase iron absorption (i.e. orange juice, tomato juice, spaghetti sauce)
3. Choose iron fortified foods-“enriched foods”
4. Choose dried fruit to snack (3 apricots=1.28 mg, 1 oz. raisins)
5. Do not eat or drink foods/beverages rich in tannins (i.e. tea) while eating your iron-rich foods-they interfere with iron absorption
6. Choose a multivitamin with iron (i.e. Centrum One a Day)
7. Choose dark green vegetables (1 cup raw broccoli= 0.78 mg, 1 cup raw spinach=0.814 mg)
8. Choose animal proteins as often as possible (3 oz. chicken=0.88 mg, 3 oz. shrimp=2.63 mg, 3 oz. lamb=1.5 mg)
9. Choose beans and peas more often (1 cup of navy beans=2.23 mg, 1 cup steamed peas=1.44 mg)
10. Add wheat germ to your yogurt, cereal casseroles (2 tbsp. =1.1 mg)

Skills to Decrease Symptoms

Journal about the following questions:

- How am I feeling right now, physically and emotionally?
- Is there anything (other than using symptoms) that will make me feel better?
- How will I feel if I use symptoms?
- How will I feel if I don't use symptoms?
- Make a list of things to do to prevent yourself from using symptoms.

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Helpful Websites:

<http://eatingdisorderhope.com/>

www.girlpower.gov/girlarea/bodywise/index.htm

www.something-fishy.org

www.mirror-mirror.org

www.eatingdisorderinfo.org

As you know, I specialize in working with patients confronting **eating disorders and/or compulsive exercising**. A recent article from the *Atlanta Journal-Constitution* highlights the prevalence of these issues among young people. If you see patients who could benefit from our focused expertise in this arena, we would be delighted to consult with you.

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For previous newsletters, please visit

<http://eatingdisorders.home.mindspring.com/newsletter.html>

