



# ATLANTA CENTER FOR November 2008 EATING DISORDERS



## 10 Reasons to Clean Your Plate During the Holidays

1. **Go nuts.** Almonds are a rich source of heart healthy monosaturated fats, riboflavin, magnesium, fiber and vitamin E. Walnuts are a store house of alpha-lanoline acid (a good fat).
2. **Talk Turkey.** Got protein? 3 oz of lean white or dark meat contains 26 grams of it. Turkey's also a good source of the vitamin Niacin, B-6, & B-12. It also has more tryptophan than any other protein. This helps produce the "feel good" neurotransmitter-serotonin.
3. **Scoop up oyster stuffing.** An ounce of shellfish (about 4 cooked oysters) contains a whopping 400% of your daily allowances for vitamins B-12 and Zinc, in addition to 23% of the Iron you need each day.
4. **Drink to your health.** Red wine is especially rich in a trio of antioxidants, all of which benefit your heart and cholesterol.
5. **Crantastic.** A half-cup of berries provides 1 $\frac{1}{4}$  grams of fiber and help prevent urinary tract infections. Choose whole cranberry sauce instead of jellied.
6. **Green bean casserole deconstructed.** Beans have two grams of fiber per half cup, along with folic acid and vitamin C. Tip: steam or microwave beans to retain more vitamins.
7. **Sweet on potatoes.** Even below a cloud of marshmallows and brown sugar, a medium-sized tuber delivers 3.5 grams of fiber, 300 % of the daily allowance for vitamin A, and 40 % of that for vitamin C.
8. **Power sprouts.** You get 3.5 grams of fiber in a half cup of Brussels sprouts and 64% of you daily allowances of vitamin C. These "little cabbages" also reduce the risk of cancer and heart disease.
9. **Don't skip desserts.** A slice of pumpkin pie provides half your daily requirement of vitamin A and 3-5 grams of fiber. A slice of pecan pie delivers heart healthy fat, 3 grams of fiber, and 20% of your day's selenium.
10. **Dip shrimp.** 3 oz of shellfish (9-10 cooked shrimp) provides less trans fat, and 12 grams of protein. Enjoy the cocktail sauce to get a healthy dose of lycopene.



The act of nutrition is not a purely physiological event...the family meal is a formality that cultivates in us...a capacity for sharing, generosity, thoughtfulness, a talent for civilized conversation."

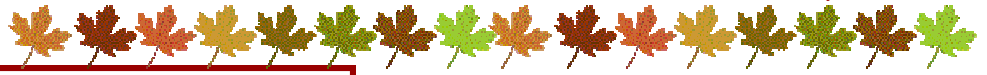
Francine Du Plessix Gray



### Tired of Dieting? TRY LIVING!!!

- Imagine all the time and energy you could save for other interests in your life if you decided to stop dieting.
- We all need to take care of our bodies and make sure that we are fueling them with a nutritional balance of foods, but we don't need to let the way our body curves or doesn't curve determine how we feel about ourselves or how we live our lives.
- Next time the dieting desire crosses our mind, think about the reasons why you want to lose the weight. Are they really worth it? Think about the potential dangers of dieting. And take to remember that *you are worth so much more than what you weigh!*

-taken from kNOw Dieting: Risks and Reasons to Stop



## WHEN EXERCISE IS EXCESS-ERSIZE

- You judge a day as "good" or "bad" based on how much you exercise.
- You base your self-worth on how much you exercise.
- You never take a break from exercise - no matter how you feel or how inconvenient it is.
- You exercise even though you are injured.
- You arrange work and social obligations around exercise.
- You cancel family or social engagements to exercise.
- You become angry, anxious, or agitated when something interferes with your exercise.
- You sometimes wish you could stop but are unable to.
- You know others are worried about how much you exercise, but do not listen to them.
- You always have to do more (laps, miles, and weights) and rarely feel satisfied with what you have done.
- You count how many calories you burn while exercising.
- You exercise to compensate for overeating.

from Body Wars by Dr. Margo Maine, 2000



## Now OPEN! The ACE House: A Therapeutic Bed and Breakfast.

The residence, located less than a block from our main facility in Dunwoody, will be available for participants in the ACE program who do not have local accommodations. Please contact your individual therapist for more info.

## How to Have a Binge-Free Thanksgiving

- 1. Reclaim and Reframe the meaning of the holiday.** Put the thanks back in Thanksgiving. The purpose of a ritual is to symbolically share an important event or relationship. Eating is only one of Thanksgiving's rituals.
- 2. Think of a plan.** Decide what you want out of the holiday, what purpose food will play in your giving thanks, and how you will handle typical food challenges. Set reasonable goals and choose events and time with others which will feel rewarding and enriching. Think about how you can anticipate problems and achieve your health goals. Prior to Thanksgiving, visualize yourself being relaxed and spending quality time with important people in your life.
- 3. Allow yourself support and accountability.** With whom can you tell and share your goals? Consider attending some support groups such as ANAD (Anorexia Nervosa and Associated Disorders) or Overeaters Anonymous.
- 4. Contain your eating.** Set some rules about when, where, and how you will eat (e.g., three meals and \_\_\_ snacks, stop eating at 7:30 pm, eat \_\_\_ plates of appetizers, eat slowly, tasting every bite). Keep a food diary as well as a journal of your thoughts. Use affirmations and check in with your support system.
- 5. Relax.** Breathe. Walk. Pray. Laugh. Give yourself a holiday for which you can be thankful.



--Adapted from Rick Kilmer's, Ph.D. hand-out "Have a Binge-Free Thanksgiving"

## Family Support Group Now Monday Night!!!

The Family Support Group is Free and Ongoing. It is a great resource available to any family member or support people who have a loved one in treatment here at ACE. It is held every Monday night from 6:45 to 8:15pm. Sign up through your family therapist or contact the front desk at (770) 458-8711 x0.

## Saturday Groups Available!

**Saturday Groups are a great option for those that work or attend school during the week.**

**Talk to your individual therapist about adding this day to your schedule**

For previous newsletters, please visit <http://www.eatingdisorders.cc>