

Example intake for the young person:

MEAL	SUGGESTIONS
Breakfast	Small cup of water Normal portion of cereal and milk (small cup of milk, any leftover to drink)
Mid Morning	Small cup of milk or Fruit juice to drink Cereal bar
Lunch	Small cup of water Sandwich with butter/margarine and protein filling e.g. cheese, chicken, egg, ham or tuna Yoghurt or Custard Pot
Mid Afternoon	Small cup of milk
Evening Meal	Small cup of water At least small portion of family meal (if normal portion already taken please continue to provide this)
Supper	Small cup of milk (hot or cold)

Useful Resources:



Beat provides helplines and online support for adults, young people and carers in the UK.
www.b-eat.co.uk



Edinburgh Carer's Council provides advocacy, information and learning opportunities to carers who are supporting someone with mental health difficulties.
www.edinburghcarerscouncil.co.uk



You Tube Video on practical advice in supporting those with an eating disorder at meal times.
<https://www.youtube.com/watch?v=pPSLdUUUTWE>
<https://www.youtube.com/playlist?list=PLmii-IHSw9OpYemPsCLsy5FRXGI67qqwL>

SEDIG Scottish Eating Disorders Interest Group.
A charitable organisation that runs help groups for sufferers & carers across Scotland.
<http://www.sedig.co.uk/helpgroups.html>

EDGE Group Education
Run by Lothian CAMHS to support those looking after someone with an eating disorder. A space where parents and carers have the opportunity to explore issues they consider to be important in the challenges an eating disorder presents.



**Eating support
for families**

**Initial Dietary
Advice**

Initial Dietary Advice

This leaflet aims to give some helpful guidance and support for parents and carers prior to referral to CAMHS for assessment. Your child may have disordered eating and may have experienced some weight loss. This leaflet should give you some help to take home.

The aim is to gradually introduce more food and fluid into the young person's daily intake. We suggest that this is done over 3 meals with snacks in between, starting to build on the portion size your child/young person is managing at present.

To do this in the best way, the food that is offered needs to provide everything that will support the body to recover safely and to become healthy again.

There are specific foods that we would strongly recommend are included each day to support the body's recovery. These include cow's milk unless there is a diagnosed allergy.

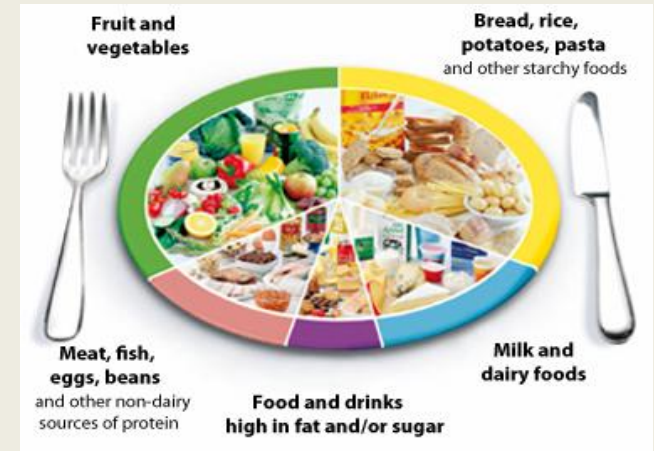


Families have their own ways of planning and organising meals. However, where a member of the family is struggling with eating, it is important to adopt a structured approach where meals and snacks are planned by parents/carers without negotiation.

Menu for <i>The Week</i>						
	<i>Break-fast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Supper</i>
<i>Mon</i>						
<i>Tues</i>						
<i>Wed</i>						
<i>Thur</i>						
<i>Fri</i>						

The following is important:

- Establish 3 regular meals and snacks in-between
- All meals should be based round starchy carbohydrate (bread, potato, pasta, rice or couscous) with added protein (chicken, fish, red meat, pulses or nuts) with some vegetables and fruit as appropriate.
- Aim for at least 3 portions of dairy/milk per day
- Avoid low fat foods or diet versions of foods.



- Fizzy drinks and sugary foods should be avoided where the young person has eaten very little in the previous week
- Fruit juice should be limited to 1 – 2 cups per day initially
- Drinks should be kept to 1 helping with the meal
- Use appropriate-sized plates and utensils
- The young person's only job is to eat what is on the plate
- Distractions after eating can help the young person manage distress (e.g. music, TV, games, conversation or arts and crafts)
- Remember you are the expert in feeding your child.