Principles of Nutrition Restoration for Eating Disorder Recovery

 Criteria for Progression to Next **Principle Principle** Intake of food plus supplements meets energy needs of daily living and nutritional restoration. May rely on Adequacy supplementation to meet macronutrient and micronutrient needs. Rehabilitation Intake of food meets macronutrient needs of daily living. Supplementation may be used to meet additional energy **Balance** needs of nutritional restoration and voluntary physical activities, or due to voluntary food exclusions. Intake includes several/many/most (as applicable) choices from all food groups. May include micronutrient **Variety** supplementation as needed due to special needs or medically-necessary food exclusions. •Intake does not exceed recommended quantities of any **Moderation** food, beverage, nutrient, or non-nutritive substance. •Intake is primarily (not exclusively) composed of nutrient-**Nutrient Density** rich foods. Reliance on micronutrient supplementation is limited to specific circumstances. Energy intake meets recommendations. Nutritional **Energy** supplements are used as needed, but not as a significant **Balance** daily source of fuel. Intake is based on personal preferences and selfknowledge of nutrition needs rather than fear or harmful **Autonomy** beliefs about food. Regret after eating is manageable and does not result in compensatory behaviors. Intake is spontaneous and based on internal cues rather than a fixed schedule or pre-planning. Choices are almost **Confidence** always made without regret. No compensatory behaviors are used.