

The Plate-by-Plate Approach®



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by
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Eating Disorders in Teens Have 'Exploded' in the Pandemic

Here's what parents need to know.



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Eating Disorders Thrive In Anxious Times, And Pose A Lethal Threat

September 8, 2020 · 5:00 AM ET

YUKI NODUCHI

Pandemic fueling a sharp rise in eating disorders, Bay Area experts say

Amelia Woodhouse
Jan. 31, 2021 | Updated: Jan. 31, 2021 4:02 p.m.

There's been a 66% increase in eating disorder hospital admissions during pandemic in Ireland

That's according to an article published in this month's *Irish Medical Journal*.

Jan 21st 2021, 5:26 PM · 17,836 Views · 34 Comments

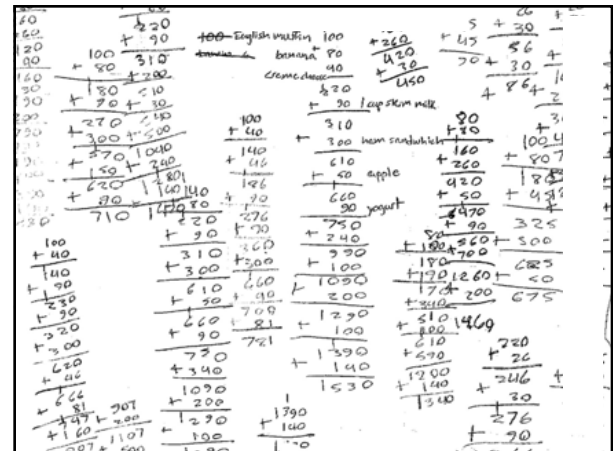
Pediatricians in U.K. see rise in eating disorders during pandemic, survey shows

Prevalence and Predictors of Emotional Eating among Healthy Young Saudi Women during the COVID-19 Pandemic

Amelia Woodhouse
Jan. 31, 2021 | Updated: Jan. 31, 2021 4:02 p.m.

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There are an increasing number of studies that show that tracking apps exacerbate eating disorder symptoms and psychological impairment.

Simpson CC, Mazzeo SE. 2017
Levinson CA, Fawell L, Brosol LC. 2017
Lundgren J, Masser M. 2019

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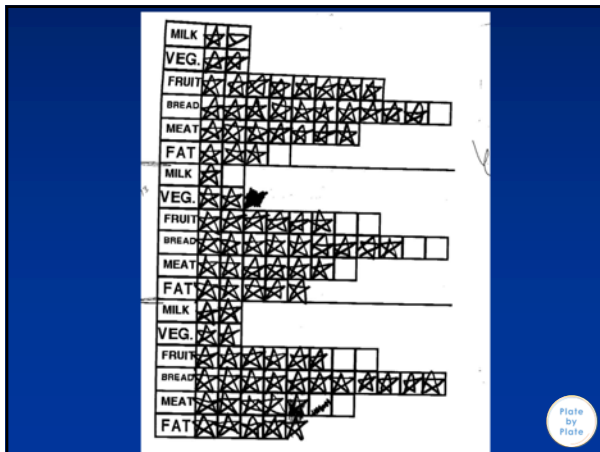
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Counting Macros

	CALORIES	CARBS	PROTEIN	FATS
MEAL 1				
3 eggs	270	0	21	0
2 Breads	220	40	6	4
2 cup milk	320	26	16	16
Total	810	66	43	20
MEAL 2				
Yogurt	88	7	15	0
Protein scoop	85	15	18	0.75
Broccoli	32	8	0	0
Total	205	16.5	33	0.75
MEAL 3				

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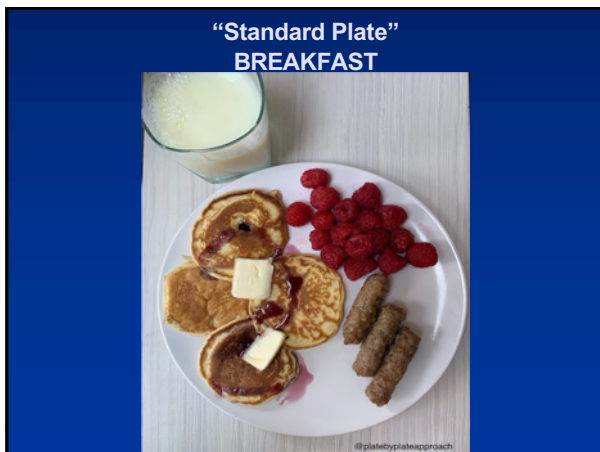
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DINNER

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"33% Plate"

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VEGETARIAN

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Snacks

- 2-3 times/day
- Recommended for all – with/without ED
- Regulates metabolism, blood sugars, provides fuel for sports (if cleared)
- 2-3 different food groups
- Calorically dense
- Supervised (teacher, counselor or parent)?
- Evenly spaced

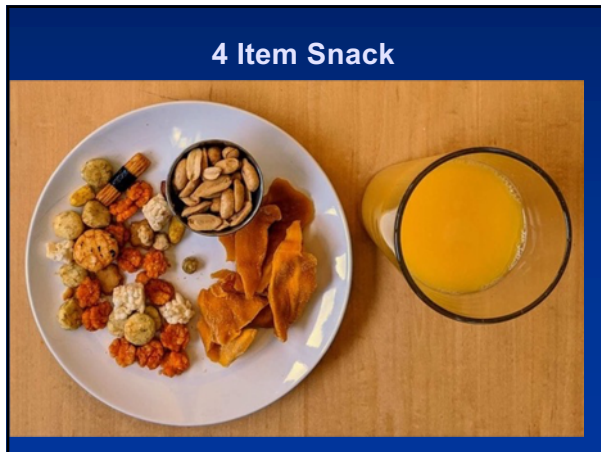
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2 Item Snack

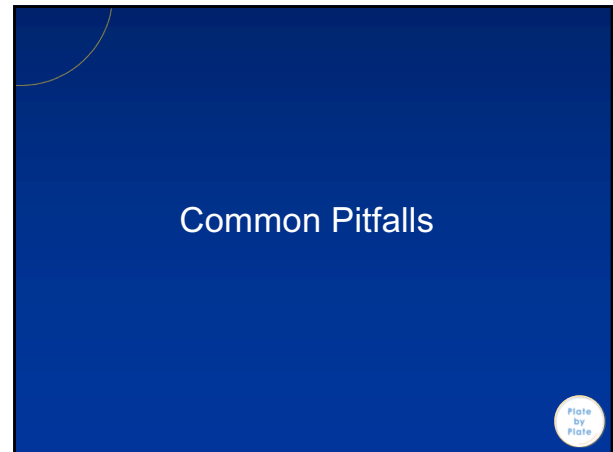
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3 Item Snack

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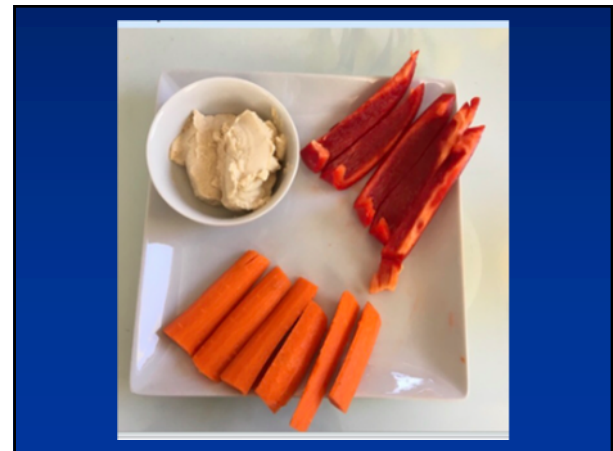
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Using the Plate-by-Plate Approach® with Anorexia Nervosa

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Weight Restoration

Medical Goals:

- Metabolic recovery
- Reversal of medical concerns
- Improvement of hormones/period
- **Watch for refeeding syndrome

Nutrition:

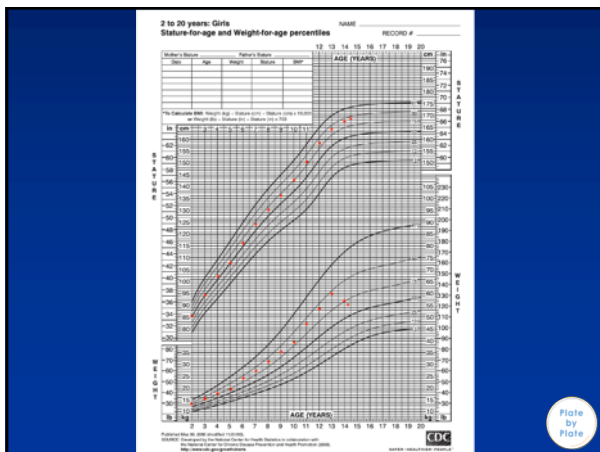
- 50% Plate -> 3 Meals + 2-3-4 snacks
- "Adjusted plate"
- Variety

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Setting Weight Goals

- Growth curves provide accurate data for determining weight goals
- Review of child's growth curves helps determine target weight range
- Child should return to natural weight curve prior to increasing food autonomy (Phases 2 & 3 of FBT).

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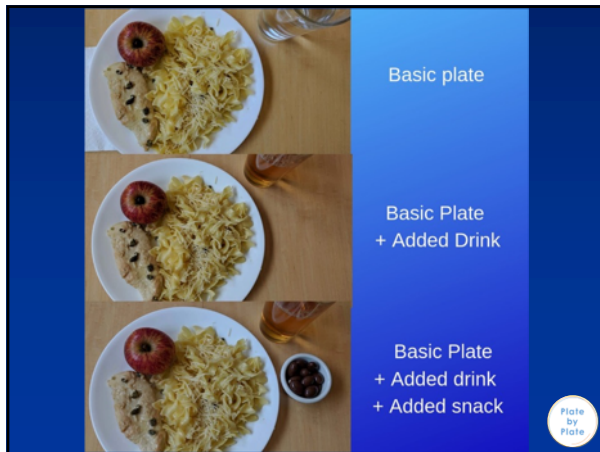


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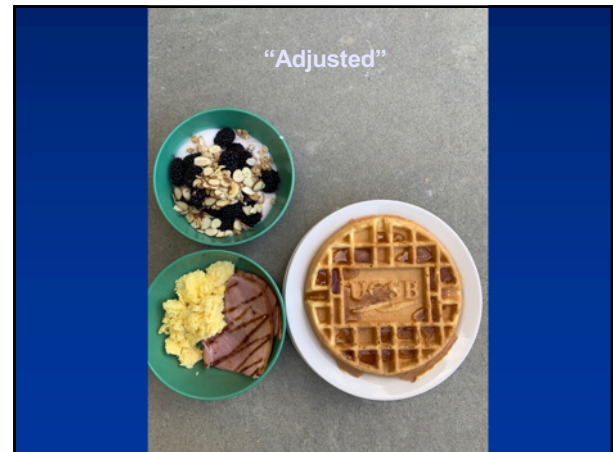
Adjusting the Plate

- Increase portion sizes
- 3 or 4 item snacks
- Add juice
- Add dessert
- Add extra fats (i.e. sauté veggies in oil/butter, add butter to pasta/rice/bread, add higher fat meats)
- Add sauces
- Add cheese to pasta, rice, and veggies
- Chocolate milk or smoothies instead of plain milk

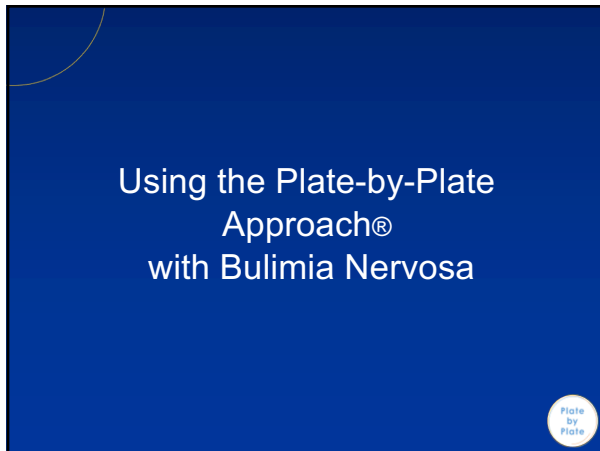
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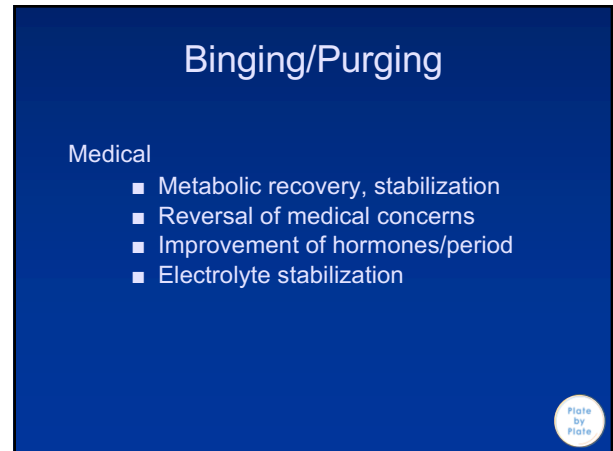
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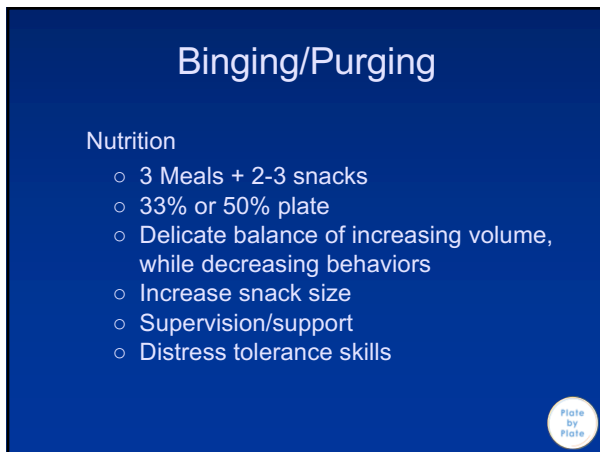
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Case Study: 16yF w/ BED

- 16, F, BED living in a larger body
- Mother is a chronic dieter
- Family focused on “healthy eating” & “low carb” eating
- Parents concerned about long-term consequences of ct’s weight
- Ct restricting during the day, binging at night



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Where to start?

- Educate parents and client about restrict/binge cycle
- Focus on recovery from BED as priority
 - Health at Every Size Approach ®
 - Treat BED and weight will settle where it needs to
- Plate-by-Plate Standard Plate:
 - Parents want different plate!
 - Recommend: 3 meals, 3 snacks
 - Supervised meals
 - Neutralize food
 - Include foods ct binges on with supervision
 - Recovery Record



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Using the Plate-by-Plate Approach® with ARFID



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Case Study: 12 yM w/ ARFID

- 12 y M falling off the growth curves
- “Picky eater” and eats “no protein”
- Hates meat, by default became a vegetarian.
- Textures tough for him since he was a toddler
- Tried “In and Out Burger.”
- Had “2 molecules.”

24-hour recall

B: Chocolate milk

L: Meatless chicken nuggets
Carrots
Cucumber
Chocolate milk

S: Applesauce

D: Pasta + Cucumbers
+ Carrots + Milk

S: None



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Case Study: 12 yM w/ ARFID

- ASSESSMENT:
 - Volume: Insufficient to support growth/development
 - Protein:
 - Needs 1.2g/kg (athlete) -> 44 grams
 - Drinks 3 cups Fairlife milk/day 13g/cup; 39 g total
 - “Neophobia” -> Needs Exposures



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Case Study: 12 yM w/ ARFID

- Goals:
 - How do we reach health and nutrition goals?
 - How do we expand diet, if possible?
- Nutrition
 - Standard plate: 3 Meals + 3 Snacks
 - Plate: Might not be cohesive
 - Supplemental nutrition?
 - Variety/food cycling still important



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Case Study: 12 yM w/ ARFID

- PLAN:
 - Exposures: Impossible burger, veggie burger, Gardein, “Splits”
 - “Family Food Experiments”



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Family Food Experiments



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Family Food Experiments



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Common Questions



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Can you use the Plate-by-Plate Approach® while in a higher level of care?



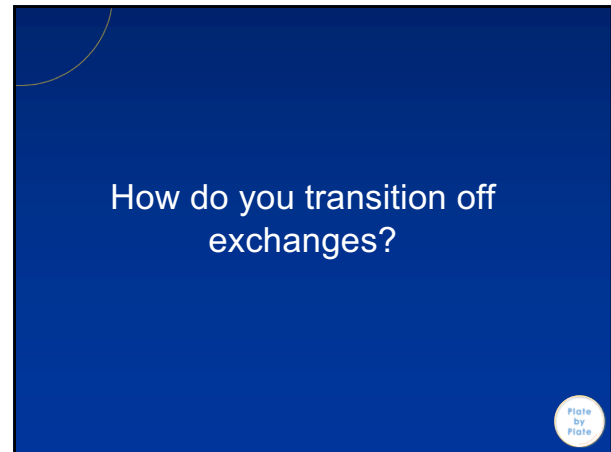
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Parents, please fill in the following categories for each meal/snack. NTP can provide parent/milk upon request. Please fill out % completed for each meal/snack outside of program. NTP staff will do the same in program and hand this back to you at the end of the day with any important notes.

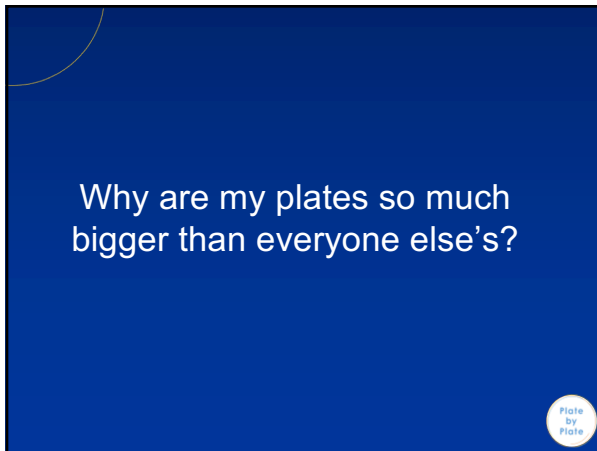
NAME:	Breakfast	Snack	Lunch	Snack	Dinner	Snack
DATE:						
Grains/starches	Bagel	granola bar	Bread/chips	Provided by NTP Peanut butter pretzels	Tortilla/ Rice	cookie
Proteins	eggs		turkey	Provided by NTP	Meat/ Beans	
Dairy/Calcium	cheese	yogurt	milk	Provided by NTP	cheese	chocolate milk
Fats	butter		mayo	Provided by NTP Chocolate almonds	avocado	
Fruit/Veggie	strawberries	grapes	lettuce/ tomato	Provided by NTP	lettuce/ tomato	dried mango
% completed	100%	100%	75%	100%	50%	100%
# bottles Boost/Ensure Plus replacement provided	—	—	1	—	1	—
Finished replacement- yes/no?	—	—	yes	—	yes	—

End of day notes to parents:
completed all meals, snacks, and Boost Plus replacement

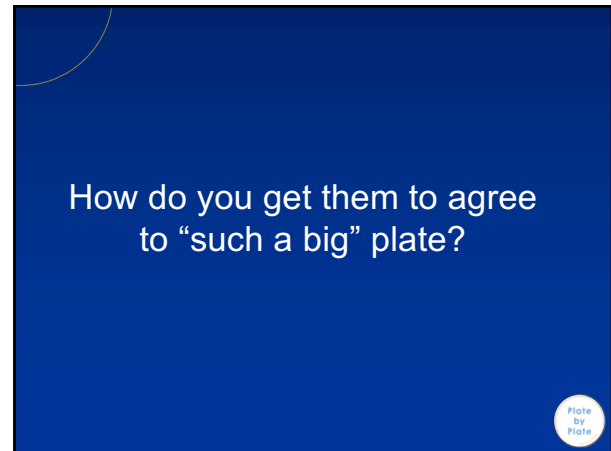
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Thank you!
Questions?

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Plate by Plate

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