

NOURISHING A LIFE WORTH LIVING

Portland DBT Institute

Eating Disorder Intensive Outpatient Program

Nutrition Group Curriculum | 8 Week Plan

Week	Didactic	
1	Nutrition 101 & Macronutrients	Pgs. 1-2
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3	Label Reading & Micronutrients	Pgs. 6-7
4	Dietary Guidelines for Americans 2020	Pgs. 8-9
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UNIT 1: Nutrition 101 & Macronutrients

Learning Objectives:

- What do we actually know about macronutrients & human metabolism?
- How does that compare to what we think we know about macronutrients & human metabolism?

Carbohydrates

- What are the different kinds?
- Why do I need it?
- Where can I find it?
- How much do I need?

Proteins

- What are the different kinds?
- Why do I need it?
- Where can I find it?
- How much do I need?

Fats

- What are the different kinds?
- Why do I need it?
- Where can I find it?
- How much do I need?

Fluids

- What are the different kinds?
- Why do I need it?
- Where can I find it?
- How much do I need?

Worksheet 1: Challenging Assumptions About Food & Nutrition

Myths about Nutrition- select at least 5 to challenge, which ones resonate with you?

1. Avoid all white foods because they aren't healthy
Challenge: _____
2. Simple carbs are bad and complex carbs are good
Challenge: _____
3. Honey is better for me than sugar
Challenge: _____
4. Red meat is bad for me
Challenge: _____
5. Low fat products are healthier
Challenge: _____
6. Fried foods should be avoided
Challenge: _____
7. Sugar should be eliminated to be healthy
Challenge: _____
8. Salt should be avoided
Challenge: _____
9. Fresh food is more nutritious than frozen food
Challenge: _____
10. I should try to "eat clean"
Challenge: _____
11. "Detoxing" is healthy and helps with weight loss
Challenge: _____
12. Dairy isn't good for me
Challenge: _____
13. Egg yolks are bad for me
Challenge: _____
14. I only deserve to eat if I exercise
Challenge: _____
15. Eating before bed will make me gain weight
Challenge: _____
16. Gluten-free foods are healthier
Challenge: _____
17. I should drink 8 glasses of water per day
Challenge: _____
18. Fruit has too much sugar
Challenge: _____
19. Becoming vegetarian or vegan is healthier
Challenge: _____
20. Organic foods are more nutritious
Challenge: _____
21. Processed foods are bad
Challenge: _____

UNIT 2: Nutrition Restoration & Refeeding

Learning Objectives:

- Understand physical & psychological effects of starvation
- What to expect in different stages of recovery
- Understand the limitations of research in human nutrition

Medical Complications of ED

Heart

- orthostatic hypotension: **decrease** 20+/10+ for BP and/or **increase** 20+ for HR
- bradycardia: HR < 60 bpm

G.I. System

- gastroparesis
- constipation
- diarrhea
- nausea
- altered gut microbiome

Brain

- ↓ executive functioning
 - ↓ emotion regulation
 - ↓ memory
- it **LITERALLY** shrinks

Bones, Blood & Kidneys

- anemia
- osteoporosis & osteopenia
- electrolyte imbalance
- edema/swelling

Endocrine System

- ↓ metabolic rate
- ↓ reproductive hormones
- ↓ serum growth hormone & cortisol
- gallstones
- difficulty regulating sleep
- difficulty regulating body temp

UNIT 2: Nutrition Restoration & Refeeding

Remembering the MN Starvation Experiment. Why is it still important 80 years later?

WHO:

Dr. Ancel Keys recruited 36 male CPS volunteers between 20-33 years old

WHEN:

November 19th, 1944 – December 20th, 1945. *The Biology of Human Starvation*, published in 1950.

WHERE:

University of Minnesota campus in Dr. Keys' lab

WHAT:

12 weeks control: ~3200 kcal diet, established baseline data

- routine metabolic and physical measurements; X-ray exams; treadmill performance; intelligence and psychological evaluation

24 weeks semi-starvation: ~1500 kcal diet; induced ~25% loss in body mass

- required to walk 22 miles/week
- required to keep a journal
- BMR decreased by 40%, grip strength decreased by 20%

12 weeks restricted rehab: 4 sub groups- increase of 400, 800, 1200 or 1600 kcals/day

- dizziness and sluggishness resolved quickly
- scores indicating recovery from depression correlated with calories received

12 weeks unrestricted rehab: intake was carefully tracked

- many reported severe binge eating
- decreased ability to understand hunger signals for several months
- many reported the rehab phase was the most difficult part- physically and psychologically

WHY:

The intention of the study was to learn how to effectively and efficiently re-feed the starving populations of Europe as WWII was ending. Thanks to the sacrifice of the volunteers and the contributions of Dr. Keys' and his staff, we understand that certain psychological symptoms and personality changes occur as a normative response during periods of starvation.

- hysteria
- impulsivity
- anxiety
- hypochondria
- depression
- irritability
- mood swings
- lack of motivation
- sluggishness
- food rituals
- decreased libido
- social withdrawal
- body dysmorphia
- obsessive thoughts about food

<https://podcasts.apple.com/nl/podcast/08-starvation-study-the-extreme-psychological/id1580296341?i=1000536841738&l=en>

<https://www.stitcher.com/show/real-health-radio-ending-diets-improving-health-regulating/episode/042-the-minnesota-starvation-experiment-44660891>

<https://academic.oup.com/jn/article/135/6/1347/4663828>

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Worksheet 2: ED Recovery Journey Self-Assessment

Hunger, Satisfaction & Fullness

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

Medical Conditions

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

Disordered Thoughts & Behaviors

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

Body Acceptance

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

Food Judgements

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

Fears Associated with Recovery

Where am I at? _____

Where do I want to be? _____

What skills will help me get there? _____

What is getting in the way?

What is being left out?

UNIT 3: Label Reading & Micronutrients

Learning Objectives:

- What information is on a nutrition facts label?
- What parts of that information could be helpful for me?
- What micronutrients should I be concerned about & why?

OBSERVE

DESCRIBE

Nutrition Facts

About 12 servings per container

Serving size 1.5 tbsp (28 g)

Calories per serving **110**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 5g	6%	Total Carb. 15g	5%
Sat. Fat 1g	5%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 7g	
Cholesterol 0mg	0%	Incl. 7g Added Sugar	14%
Sodium 65mg	3%	Protein 2g	4%
Vitamin D 0% • Calcium 2% • Iron 6% • Zinc 15% • Potassium 2%			

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Iron

Calcium

Vitamin D

Potassium

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Worksheet 3: Pros & Cons of Label Reading

<p><u>Pros of Reading Labels</u></p>	<p><u>Cons of Reading Labels</u></p>
<p><u>Pros of Not Reading Labels</u></p>	<p><u>Cons of Not Reading Labels</u></p>

UNIT 4: Dietary Guidelines for Americans 2020

Learning Objectives:

- Understand how bias impacts nutrition information & recommendations
- Understand the differences between public health recommendations and your individual needs

Key tenets of writing the Dietary Guidelines are that it must:

- Represent the totality of the evidence examined
- Address the needs of Federal programs
- Reduce unintended consequences
- Follow best practices for developing guidelines
- Use plain language

Key Dietary Principles of DGA

- Meet nutritional needs primarily from foods & beverages
- Choose a variety of options from each food group
- Pay attention to portion size

“Because of this public health orientation, the DGA is not intended to be a clinical guideline for treating chronic diseases. However, the DGA often has served as a reference for Federal, medical, voluntary, and patient care organizations as they develop clinical nutrition guidance tailored for people living with a specific medical condition.”

Portion Size vs. Serving Size:

“Portion size is a term often used to describe the amount of a food or beverage served or consumed in one eating occasion. It is important to pay attention to portion size when making food and beverage choices, particularly for foods and beverages that are not nutrient-dense. A concept that can help people choose appropriate portions is serving size. This term is included on the Nutrition Facts label and refers to the amount of a food or beverage that is customarily consumed—**it is not a recommendation of how much to eat or drink.** Consuming less than the stated serving size results in consuming fewer calories and other nutrients or food components. Some products may have multiple servings per package.”

Nutrient Dense:

“Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium are nutrient-dense foods.”

<https://www.dietaryguidelines.gov/>

Worksheet 4: What Does Healthy Eating Mean to Me?

Guiding Principles of the Meal Plan:

- eat within the first hour after waking
- eat about every 2-4 hours
- eat protein, carbs & fat every time you eat
- eat a variety of foods
- learn how to listen to your own hunger & satiety cues, make wise-minded decisions about portions

An Anonymous RD's Guiding Principles:

- protein: 2-3 high protein foods/day
- fluids: at least 6 cups water + usual caffeinated drinks/day
- fruits/veggies: produce at every meal/snack
- fun foods: avoid replacing meals w/ fun foods, avoid eating fun foods past comfortable fullness

What are my Guiding Principles?

- _____
- _____
- _____
- _____
- _____
- _____

UNIT 5: Understanding Diet Culture & Healthism

Learning Objectives:

- What is diet culture?
- How is it harmful?
- What can I do about it?

What Diet Culture Is:

- *“a set of beliefs that values thinness, appearance, and shape above health & well-being”*
- *“the pervasive belief that appearance and body shape are more important than physical, psychological & general well-being”*

What Diet Culture Does:

- assigns moral values to foods and body types
- profits from our shame, trains us to objectify ourselves
- perpetuates unrealistic, exclusionary, and often dangerous ideals
- reinforces systemic discrimination
- normalizes disordered eating and certain forms of self harm
- interferes with our innate ability to feed and nourish our bodies
- destroys our relationship with food & exercise and with ourselves
- relies on poor quality nutrition research and anecdotal generalizations

How to Spot a Diet:

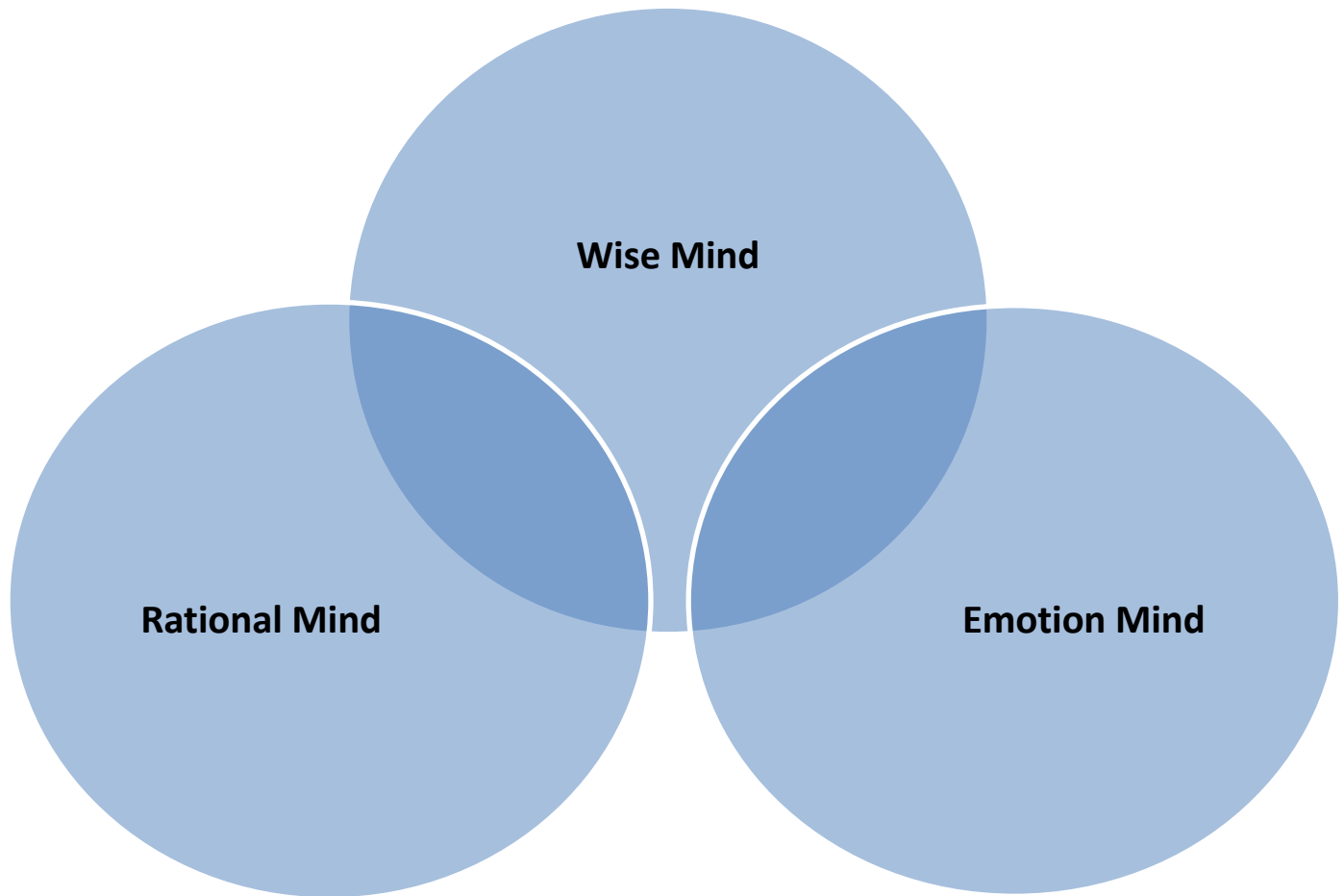
- does it cost you money?
- does it eliminate entire food groups?
- does it categorize foods or assign values to certain foods?
- does it require specialty foods or supplements?
- is it being promoted? who is promoting it and are they compensated for it?
- does it make you feel bad about yourself, your body, or your food choices?
- does it devalue cultural or familiar food traditions?

<https://betterhumans.pub/how-to-leave-toxic-diet-culture-behind-and-pursue-actual-health-a0aac77dd470>

<https://drkatebrowne.medium.com/what-is-diet-culture-a-primer-for-resistance-2b9c06100a41>

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Worksheet 5: Understanding Your Hunger, Satiety & Fullness



**Am I hungry? Should I eat? Do I need to eat?
What am I going to eat? What do I want to eat? When am I going to eat?**

HUNGER

SATISFACTION

FULLNESS

UNIT 6: Weight Neutral Approaches to Health Care

Learning Objectives:

- Understand the history and limitations of the BMI
- What lifestyle choices are most likely to improve health outcomes?
- What are your rights as a patient?

Health at Every Size™ Principles

- + weight inclusivity
- + health enhancement
- + eating for well-being
- + respectful care
- + life-enhancing movement

“Improving a person’s health is a process that begins by contemplating what it would take to make certain determinants of health available and accessible to different individuals, and not by pathologizing any specific weight.”

WEIGHT IS NOT A BEHAVIOR

<http://www.cnn.com/HEALTH/9806/17/weight.guidelines/>
<https://asdah.org/health-at-every-size-haes-approach/>
<https://www.youtube.com/watch?v=H89QQfXtc-k&t=11s>

FACTS ABOUT THE BMI:

- creator had no medical background
- intended for use at population level
- studied primarily in white males
- the founder of the eugenics movement popularized its use
- has not been studied in BIPOC, LGBTQ & other marginalized groups
- it was never intended to be a measure of individual health
- the parameters for “overweight” & “obesity” changed in 1998
- U.S. insurance companies started using BMI before doctors did
- you can be denied access to certain types of care if your BMI is not in the correct category
- BMI is correlated with risk factors for adverse health outcomes while causation remains mostly unknown
- “obesity” has a protective effect in certain populations

Worksheet 6: DEARMAN for Medical Appointments

Describe

*intensity of pain (1-10 scale)
specific location
what symptoms
how long/often- acute or chronic*

Express

*your specific/exact concerns
vulnerability r/t appt
opinions about cause or dx
opinions about treatment*

Assert

*medications
access to care/referrals
weight monitoring
non-inclusive care*

Reinforce

*why this is important
how this impacts my daily life
previous treatments
what your instincts are*

(Stay) Mindful

*broken record
bring it back to present moment
set your intention for the appt
how will you stay grounded*

Appear Confident

*make eye contact (if appropriate)
ask questions
come prepared w/ info
imaginal practice*

Negotiate

*ask for a 2nd, 3rd, or 4th opinion
ask for specific health markers
clarify instructions, recs, referrals
can I give you info?*

D
E
A
R
M
A
N

UNIT 7: Grocery Shopping & Meal Planning

Learning Objectives:

- create shopping lists that include adequate carbs, fats, proteins & produce on a budget
- how to meal plan and prep effectively
- how to prepare well-balanced meals

Barriers to Grocery Shopping



Potential Solutions

<https://govstatus.egov.com/or-dhs-food>

Barriers to Meal Planning/Prepping



Potential Solutions

<https://snaped.fns.usda.gov/seasonal-produce-guide>

Barriers to Cooking



Potential Solutions

<https://www.fsis.usda.gov/news-events/publications/kitchen-companion-your-safe-food-handbook>

Worksheet 7: Meal Planning, Cooking & Eating Out Self-Assessment

How do you decide what to eat? _____

When do you decide what to eat? _____

When and where do you go to buy food? _____

How much time do you spend meal planning, prepping and cooking? _____

How much time would you like to spend meal planning, prepping & cooking? _____

How often do you cook? _____

How often would you like to cook? _____

How would you rate your cooking skills on a scale from 1 to 10? _____

What would you like your cooking skills to be? _____

What does cooking do for you? _____

How did you learn about cooking or what resources have you used? _____

How often do you go to restaurants or get take out/delivery? _____

How often would you like to go to restaurants or get take out/delivery? _____

- Read: Durand, F. (2019). [*The Absolute Beginner's Guide to Meal Prep.*](#)
- Read: Durand, F. (2019). [*15 Tips for Better Weekly Meal Planning.*](#)

UNIT 8: Nutrition Jeopardy

Learning Objectives

- Test your knowledge of nutrition topics
- Assess your own learning needs

Rules and Tips for Playing Nutrition Jeopardy on Zoom

- 1) Unmute yourself and say your answers out loud.
- 2) You do NOT need to buzz in, raise your hand, or wait to be called on to answer a question.
- 3) Every question is open for anyone and everyone to answer.
- 4) The first person to answer the question correctly gets to choose the next category/question.
- 5) You do NOT need to answer in the form of a question.
- 6) Use Worksheet #8 to keep track of your own scorecard.
- 7) Ask clarifying questions and share comments and observations. There is not always a clear right/wrong answer. Practice thinking dialectically.
- 8) All rules for nutrition jeopardy are subject to change without notice at the discretion of the group leader.
- 9) Have fun and practice using the participate skill. Throw yourself 100% into the game.

Worksheet 8: Nutrition Jeopardy Scorecard

Meal Plan Worksheet



Fruits

_____ **servings: examples of 1 serving of fruit-**

- small hand fruit, ½ large banana
- ½ cup raw or frozen or cooked or canned fruit
- ¼ cup dried fruit
- ½ cup 100% fruit juice



Vegetables

_____ **servings: examples of 1 serving of vegetables-**

- ½ cup raw or cooked or canned vegetables
- 1 cup leafy salad greens
- ½ cup 100% vegetable juice



Grains

_____ **servings: examples of 1 serving of grains-**

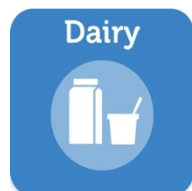
- 1 slice bread
- 1 cup ready-to-eat (cold) cereal
- ½ cup cooked rice, pasta, or cereal grain



Protein

_____ **ounces or grams; 1 oz = 7-8g: examples of 1 ounce of protein-**

- 1 ounce cooked meat, poultry, seafood or 1 egg
- 2 Tbsp peanut butter or nut butter
- ½ cup cooked beans or lentils or legumes, ½ cup hummus
- ½ ounce nuts or seeds
































Dairy

3 servings: examples of high-calcium foods-

- 1 cup milk or yogurt or cottage cheese or ½ cup ice cream
- 1-2 ounces natural cheese
- fortified plant milk, certain kinds of tofu (check label for Ca content)
- dark leafy greens, almonds, fish cooked w/ bones

Be sure to include at least __ tsp of oil, butter and fat

Breakfast	Snack	Lunch	Snack	Dinner	Snack	Total
 _____	 _____	 _____	 _____	 _____	 _____	_____
 _____	 _____	 _____	 _____	 _____	 _____	_____
 _____	 _____	 _____	 _____	 _____	 _____	_____
 _____	 _____	 _____	 _____	 _____	 _____	_____
 _____	 _____	 _____	 _____	 _____	 _____	_____



Daily Fluid Goal =

Sick Day Meal Plan Worksheet