

Normalized Eating

What does “normal eating” mean to you? It may look and feel differently for everyone. These strategies may be helpful if you experience disordered eating.

- ❖ Eat 3 meals and 2-3 snacks throughout the day
- ❖ Eat the right amount of food, based on recommended serving sizes and your level of hunger (see hunger scale below)
- ❖ Listen and respond to your body’s hunger and fullness cues
- ❖ Feel comfortable or enjoy eating with others
- ❖ Resist comparing type and amount of food when eating with others
- ❖ Refrain from self-judgement which could lead to shame or guilt
- ❖ Avoid labeling foods as “good” or “bad”
- ❖ Allow yourself permission to eat foods that you enjoy



Adequacy

- ❖ Most adults require 1800-2400 calories per day depending on gender, body size, physical activity, health, and more
- ❖ Use a portion size guide to make sure you’re eating enough

Balance

- ❖ There are 3 essential macronutrients: carbohydrates, protein and fat. Each have an important role to play in energy production, organ functioning, growth and repair, maintenance of balance within the body, and much more
- ❖ There are 4 food groups: fruits and vegetables, grains, meat and alternatives, and milk and alternatives. The recommended amounts are highly individual to ensure our needs for macronutrients, vitamins and minerals are being met

Variety

- ❖ Choosing a variety of foods optimizes nourishment and enjoyment

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Sample Meal Plan

Breakfast	Bagel	2 grains
	2 tbsp Peanut butter	1 meat
	1 cup Orange juice	2 fruits
Morning snack	¾ cup Yogurt	1 milk
	½ cup Berries	1 fruit
	Store-bought Muffin	- extra -
Lunch	2 Slices of bread	2 grains
	3 oz. Sliced turkey	1 meat
	Sliced tomato	- extra -
	Spinach	- extra -
	1 oz. Cheese	1 milk
Afternoon snack	Carrot and cucumber slices	1 veg
	1 tbsp Creamy dip	1 added fat
	½ Pita bread	1 grain
Dinner	3 oz. Salmon	1 meat
	1 cup Rice	2 grains
	½ cup Asparagus	1 veg
	1 cup Salad	1 veg
Evening snack	¾ cup Cold cereal	1 grain
	1 cup Milk	1 milk
	Apple	1 fruit



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