



Herrin, Marcia. Nutrition Counseling in the Treatment of Eating Disorders. New York: Brunner-Rutledge, 2003.

Nutrition Counseling in the Treatment of Eating Disorders by Marica Herrin provides information regarding nutrition, food planning, and weight management for nutrition counselors, parents, and even those with eating disorders. Important nutritional aspects are explained along with general guidelines of food planning. This book offers weight management strategies for people with eating disorders and how to manage binge eating. Herrin includes essential materials including the diagnostic criteria for eating disorders, characteristics of essential nutrients, and medical complications of eating disorders.

Part I

Chapter 1: Basic Nutrition Counseling

- How to develop a collaborative relationship between the nutritionist and the person with the eating disorder
- Ways to implement nutrition changes
- What to accomplish in the initial session in order to establish an effective relationship

Chapter 2: Advanced Nutrition Counseling

- Definitions and characteristics of psychological therapies that can be used in nutrition counseling
- How to handle unrelated nutritional issues (e.g. psychiatric illnesses)
- Family involvement in nutrition and other counseling
- Ways the nutrition counselor can help reduce a patient's risk of relapse
- Indicators that suggest the need for inpatient treatment

Chapter 3: Nutrition Education

- Health risks/consequences people with eating disorders should be aware of
- The importance in educating those with eating disorders about purging, dieting myths, metabolism, starvation, and body weight

Part II

Chapter 4: Food Planning

- What is food planning and why it works
- The importance of collaboration between the nutrition counselor and the individual and the patient's involvement when designing a food plan
- Food planning strategies

Chapter 5: The Food Plan Template

- Description of the Food Plan Template
- Important components of the Food Plan Template and how to implement them into your diet

- Serving sizes and the appropriate number of meals to have each day

Chapter 6: Self-Monitoring

- What self-monitoring entails and how it works
- The role of the nutrition counselor in self-monitoring

Part III

Chapter 7: Weight Management

- Weight goals based on expected growth, return of menses, the avoidance of hospitalization, and/or engagement in vigorous activities
- What constitutes a healthy weight
- Weight management strategies for persons with anorexia nervosa, bulimia nervosa, and binge-eating disorder
- Monitoring a person's weight with anorexia and/or bulimia
- Protocol for weight checks

Chapter 8: Managing Binge Eating

- Physical and psychological challenges in weight restoration
- Caloric needs for weight restoration
- The importance that eating-disordered individuals be educated on the risk of their behaviors and benefits of weight restoration
- How to use food planning to gain and maintain weight

Chapter 9: Managing Binge Eating

- How to manage your appetite
- The relationship between binge eating and restrictive eating
- Solutions to binge eating

Chapter 10: Managing Purging

- Ways in which some eating disordered individuals purge/get rid of calories
- Health risks and consequences of purging
- Solutions to purging

Chapter 11: Exercise Management

- Exercise limitations and guidelines

- Problems exercise can cause with people who have anorexia

Chapter 12: Special Issues

- How special issues such as obesity, diabetes, pregnancy, lactose intolerance, and hypoglycemia play a role in (treating) eating disorders

Appendices A-F:

- DSM-IV diagnostic criteria for eating disorders
- Evaluating body mass index (BMI)
- Understanding calorie content and serving sizes
- Characteristics of essential nutrients
- Medical complications of eating disorders