



Nutrition Treatment in the Inpatient Eating Disorder Program

What to expect while staying on the Psychiatry and Behavioral Medicine Unit (PBMU) for the Inpatient Eating Disorder Program

What are the key nutrition goals of the program?

- Restore your health to promote normal growth and development.
- Help you understand your body's health and nutritional needs.
- Provide guidance and support to promote normal eating behaviors.

How often will I meet with the nutritionist?

When you are admitted to the hospital, a nutritionist will meet with you to begin to get to know you. At this time they will find out what you have been eating, what current eating disorder behaviors you are dealing with, and what you need to eat to get your body healthy again. During your stay, a nutritionist will meet with you 1 to 3 times per week. They will use this time to check in about how you are doing and to provide teaching and guidance.

What will I be given to eat and drink?

You will eat balanced meals and snacks while you are in the hospital. We will offer a wide variety of foods that you would usually eat with friends and family. We will start to include desserts 2 to 3 weeks after you are admitted. No diet foods will be given. The goal is to help you feel comfortable with all foods and to improve your body's health.

Your food and beverage amounts are chosen to meet your individual needs. We usually start with amounts similar to what you were eating and drinking before coming to the hospital. We will slowly give you larger amounts until you are eating and drinking enough to restore your body's health.

You will not be able to choose your own meals at first. But you will be allowed to choose 3 foods that you do not like to eat. These are foods that you did not like before your eating disorder began. These foods need to be approved by your nutritionist.

Depending on your progress, you may be able to choose meals from a menu 1 to 3 weeks after you arrive, working with your nutritionist. This provides a way to practice the skills of normal eating and meal selection.

We expect you to finish all meals and snacks each day. This will help you understand and become more aware of your appetite and how to meet your body's needs. If you do not finish a meal or snack, we will give you a nutritional drink as a replacement. The nutritional drink is there to help if you are having a hard time. But the goal is to eat real food and learn to trust your body with a variety of foods. Our meal support staff will help you meet this goal. Sometimes patients are not able to finish their meals, snacks or

To Learn More

- Nutrition
206-987-4758
- Child Life
206-987-3285
- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

nutritional drink. In this case the team will talk with you and your parents about the need for a nasogastric (NG) feeding tube to help your body get the nutrition it needs.

How will my health progress be monitored?

Your nutritionist and doctors will watch your health closely. They will make changes in food and drink amounts or activity levels to best meet your needs. You will not get vitamin or mineral supplements unless needed for medical reasons.

What will I learn about food and nutrition?

We offer individual and group nutrition education and counseling each week. These sessions will help you learn more about health and eating. The sessions will help you get back to normal eating behaviors, enjoy mealtime with others, and be well enough to do all the things that you like to do.

We focus on the health and wellness of your whole body instead of on weight and calories. We help you learn to be aware of and trust your own appetite. We also talk about general meal guidelines to help you understand balance, variety, and meal and snack timing instead of calorie counting when making food choices.

How will my parents or caregivers be involved in preparing for the transition home?

During your stay, your nutritionist will meet with your parents to review recommendations that meet your individual needs. Your nutritionist will talk to your parents or caregivers about:

- How often you should eat meals and snacks
- Choosing foods
- Understanding what amounts of food are enough
- Adjusting to going back home

We encourage your parents to eat meals with you on the unit after they meet with your nutritionist and finish meal support training.