



Suggestions for Those with Binge-Purge Eating Patterns or Bulimia

1. Avoid “trigger foods” (those you associate with a binge) at first. These can be reintroduced later in your treatment. Instead, plan to eat a nutrient dense replacement that has some of the same pleasant characteristics.
2. Eat three planned meals a day, rather than smaller, more frequent meals.
3. Eat foods that require the use of utensils, rather than eating finger foods. This will slow eating time and help increase meal satiety.
4. Include generous portions of complex carbohydrate containing foods.
5. If you eat meals too rapidly, try to include some lower calorie items (such as vegetables, broth based soup, salad, and/or fruit).
6. Include adequate fat, which slows the emptying of food from the stomach to increase meal satiety.
7. Eat a variety of foods at each meal.
8. Try to eat all meals and snacks sitting down.
9. Include hot or warm foods, rather than eating just cold or room temperature foods.
10. Plan meals ahead, using a food diary.
11. Use foods that are naturally divided into portions; i.e. one potato (rather than rice or pasta), 4 to 8 ounce containers of yogurt or cottage cheese, precut chicken parts, etc., and don’t eat directly out of packages and bags if you feel you lose all sense of accountability as to how much you have eaten.