



**Suggestions for Those With Restrictive Eating Patterns and/or Anorexia**

Eat small frequent meals to help reduce bloating. By eating 5-6 nutritious meals throughout the day, you will be able to take in needed calories without getting too full too quickly.

Eat a moderate amount of fat...enough to meet taste and nutritional needs. Fat slows the emptying of food from the stomach and may make you feel uncomfortable if you consume too much at one meal, and if you don't have enough in your overall diet, you may never feel satisfied and full.

Eat foods cold or at room temperature to decrease early feeling of fullness (satiety).

Eat high fiber foods from the Bread/Starch Group to encourage good bowel habits.

Limit the amount of fruits and vegetables consumed because the soluble fiber they contain slows the emptying of food from the stomach and may make you feel bloated.

Limit caffeine intake because it may interfere with normal appetite patterns.

Take a multivitamin/mineral supplement, as recommended by your physician.

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