

Clinician's Guide:

Recommended Materials for Specific Eating Disorder Behaviors and Treatment Modalities



This clinician's guide provides recommendations on which materials are most relevant for teens with specific eating disorder behaviors and treatment approaches. Clinicians must use their clinical judgment to determine when materials are appropriate to share with teens and at what rate by taking a teen's stage of recovery, treatment approach, and eating disorder behaviors into consideration. All handouts in the toolkit can be printed individually so they can be used separately or as part of a series of discussions with teens.

This toolkit was written by Katelyn Castro, MS, RD, LDN with guidance from Whitney Evans, PhD, RD, Vanessa Kane-Alves, RDN, LDN, and the team of registered dietitians in the Division of Adolescent/Young Adult Medicine at Boston Children's Hospital. This material was supported in part by the Leadership Education in Adolescent Health (LEAH) program, funded by the HRSA/Maternal and Child Health Bureau grant number T71MC00009.

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Center for Young
Women's Health



Boston Children's Hospital
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Recommended Resources For Teens With Restrictive Eating Disorders and No Compensatory Behaviors

Eating Disorders Overview:

What Does Eating Disorder Recovery Look Like?
The Health Impact of Restrictive Eating

Nutrition Basics:

What are Calories and What Do Our Bodies Use Them For?
Why are Carbohydrates Important for Our Bodies?
Why is Fat Important for Our Bodies?
Why is Protein Important for Our Bodies?

Nutrient-Dense Meal Planning for Teens with Eating Disorders:

Meal Planning Guide for Weight Restoration
Building Nutrient-Dense Meals and Snacks: Create Your Own!
Nutrient-Dense Snack Formula

General Meal Planning for Teens with Eating Disorders:

Meal Planning Guide to Restore Healthy Eating Patterns
Building Balanced Meals and Snacks: Create Your Own!
Balanced Snack Formula

Topics for Later in Eating Disorder Recovery:

How is Diet Culture Affecting Me?
Fear Foods: What are they and how do we face them?
Recognizing and Challenging Eating Disorder Thoughts
Reconnecting with Hunger and Fullness Cues

Recommended Resources For Teens With Restrictive Eating Disorders and Compensatory Behaviors or Binge Eating Behaviors

Eating Disorders Overview:

What Does Eating Disorder Recovery Look Like?

The Health Impact of Purging

The Health Impact of Over-Exercising

The Health Impact of the Restrict-Overeat Cycle

Nutrition Basics:

What are Calories and What Do Our Bodies Use Them For?

Why are Carbohydrates Important for Our Bodies?

Why is Fat Important for Our Bodies?

Why is Protein Important for Our Bodies?

General Meal Planning for Teens with Eating Disorders:

Meal Planning Guide to Restore Healthy Eating Patterns

Building Balanced Meals and Snacks: Create Your Own!

Balanced Snack Formula

Topics for Later in Eating Disorder Recovery:

How is Diet Culture Affecting Me?

Fear Foods: what are they and how do we face them?

Recognizing and Challenging Eating Disorder Thoughts

Reconnecting with Hunger and Fullness Cues

Recommended Resources For Teens With Picky Eating or Avoidant/Restrictive Food Intake Disorder (ARFID)

Eating Disorders Overview:

What Does Eating Disorder Recovery Look Like?

The Health Impact of ARFID and Extreme Picky Eating

Nutrition Basics:

What are Calories and What Do Our Bodies Use Them For?

Why are Carbohydrates Important for Our Bodies?

Why is Fat Important for Our Bodies?

Why is Protein Important for Our Bodies?

Nutrient-Dense Meal Planning for Teens with Eating Disorders:

Meal Planning Guide for Weight Restoration

Building Nutrient-Dense Meals and Snacks: Create Your Own!

Nutrient-Dense Snack Formula

General Meal Planning for Teens with Eating Disorders:

Meal Planning Guide to Restore Healthy Eating Patterns

Building Balanced Meals and Snacks: Create Your Own!

Balanced Snack Formula

Topics for Later in Eating Disorder Recovery:

Food Chaining for ARFID and Picky Eating

Reconnecting with Hunger and Fullness Cues

Recommended Resources For Teens and Parents Participating In Family-Based Treatment For Eating Disorders

Eating Disorders Overview:

What Does Eating Disorder Recovery Look Like?

Overview of Family-Based Treatment

The Health Impact of Restrictive Eating

The Health Impact of Over-Exercising

Nutrient-Dense Meal Planning for Teens with Eating Disorders:

Meal Planning Guide for Weight Restoration

Building Nutrient-Dense Meals and Snacks: Create Your Own!

Nutrient-Dense Snack Formula

General Meal Planning for Teens with Eating Disorders:

Meal Planning Guide to Restore Healthy Eating Patterns

Building Balanced Meals and Snacks: Create Your Own!

Balanced Snack Formula

Topics for Later in Eating Disorder Recovery:

How is Diet Culture Affecting Me?

Fear Foods: What are they and how do we face them?

Recognizing and Challenging Eating Disorder Thoughts