



Eat to Your Good Health : Exchange Lists and Meal Planning for Eating Disorders

MSH, RD, LD/N Amy E. Galena

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Eat to Your Good Health: Exchange Lists and Meal Planning for Eating Disorders offers an excellent resource for the development of healthy eating habits for those challenged by eating disorders. Rather than focusing on calories, dieting, or weight gain, author Amy E. Galena, RD, lays out guidelines that encourage readers to develop a positive relationship with food for life-long health. This guide provides• nutrition education and guidance tailored for the eating disorder population;• sample meal plans ranging from 1200 to 2200 calories per day;• unique food journals that emphasize the nutritional benefits of food while tracking the patient’s feelings and behaviors toward food;• exchange lists that do not display calories or include any diet foods;• encouragement to help patients develop a positive relationship with food;• new insights on nutrition education for the eating disorder population;• tools to help registered dietitians educate their patients about the vital importance of food on health;• nutrition management and diagnosis including several sample PES statements.

“Amy has used her experience working with eating disordered clients to write Eat to Your Good Health. As a student at the University of North Florida and in her professional career, her passion has always been to help clients develop a positive relationship with food. This book provides nutrition education and eating plans specifically tailored for eating disorder clients, their families, and their dietitians.” —Catherine Christie, PhD, RD, LD/N, FADA, Associate Dean, Brooks College of Health & Nutrition Graduate Program Director, University of North Florida

“I have always admired Amy’s enthusiasm for educating those who need nutrition education. This time it is an innovative way in teaching a difficult subject to people who are difficult to change their ways. I wish Amy luck in getting her message to those who need it most in order to save their health and ultimately their lives.” —Simin Bolourchi-Vaghefi, PhD, CNS, LN, Professor Emeritus, Nutrition, Department of Nutrition and Dietetics, University of North Florida

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