

The Plate-by-Plate Approach®



What is the Plate-by-Plate Approach® ?

The Plate-by-Plate Approach® was originally developed to aid in the treatment of eating disorders; however, this approach is now applied to other diagnoses and basic meal planning. The Plate by Plate Approach® works well with Family Based Therapy (FBT), the leading outpatient treatment for adolescents with eating disorders. Historically, specific meal plans have not been utilized with FBT as caregivers are viewed as having the knowledge to feed their child. As you can imagine, this is a daunting task. A simplified guide was needed to both equip and empower caregivers. Authors note, this approach is associated with restoration of weight, resumption of menses, and normalization of eating. The Plate-by-Plate Approach® enables caregivers to maintain the intended position of authority while providing simple and customizable guidelines. We like using this approach with our patients as we can provide a framework without directing behaviors, which goes against the FBT model. We want to empower our caregivers.

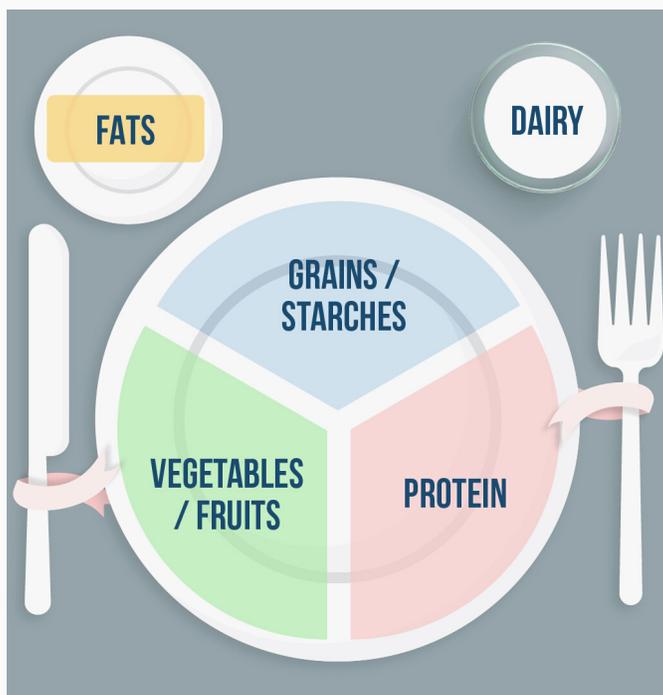
You will not need to count calories, measure portions, follow exchanges, or follow a specific meal plan. The authors maintain the integrity of FBT by recommending that caregivers still determine what and when their child will eat. To better equip caregivers, simple guidelines are recommended such as ensuring each meal is served on a full ten-inch plate that contains variety from all food groups.

The Plate-by-Plate Approach

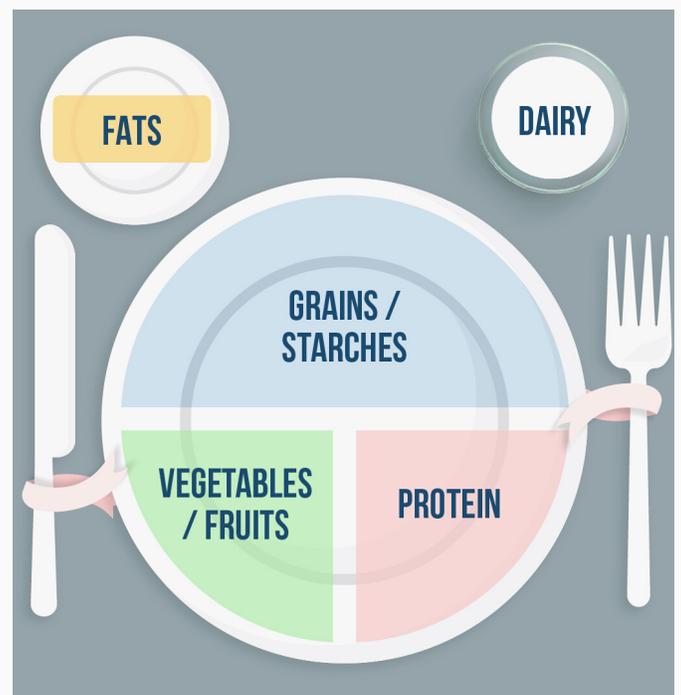
Caregivers should ask themselves the following questions:

- How many meals and snacks will I serve? Consider meal times, school schedules, and opportunities for breaks.
- Is the plate full?
- Does the meal make sense? Are you serving a sandwich and pasta to get adequate starches or a sandwich with chips? We want children to learn about normal eating during this process.
- Did I include variety?
- Are all food groups represented? Grains/starches should fill up at least half of the plate. The remaining can come from proteins, vegetables, and fruits. An alternate method is to provide 1/3 grains/starches, 1/3 protein, and 1/3 fruit/vegetable.
- Did I challenge my child?

A limited diet is associated with an increased risk of relapse. Therefore, you want to ensure you are serving all food groups, serving a variety, and challenging your adolescent.



Or



Breakfast Suggestions Using the Plate Method



Oatmeal with nut butter, nuts, seeds, & fruit **Peanut butter toast on a large piece of bread with fruit**



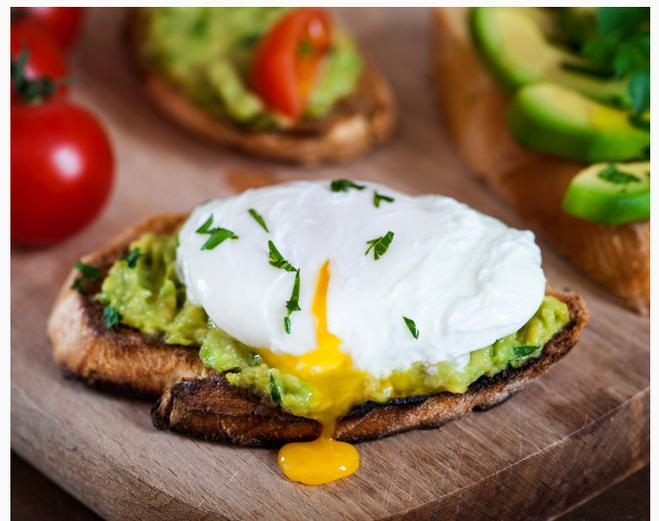
Egg wrap with veggies & avocado on a whole wheat wrap



Protein Pancakes



Protein Packed Smoothie bowl with nut butter, protein powder, fruit, nuts, & seeds



Avocado Toast with olive oil on a large slice of whole wheat bread with egg

Lunch Suggestions Using the Plate Method



Tacos or burritos with a source of protein (chicken, tofu, beans, pork, steak), avocado, rice, & veggies



Buddha bowl with rice, beans, avocado, and veggies



Chili or Bean Soup with sour cream or avocado and rice



Tuna sandwich with avocado and mayonnaise on whole wheat pita

Dinner Suggestions Using the Plate Method



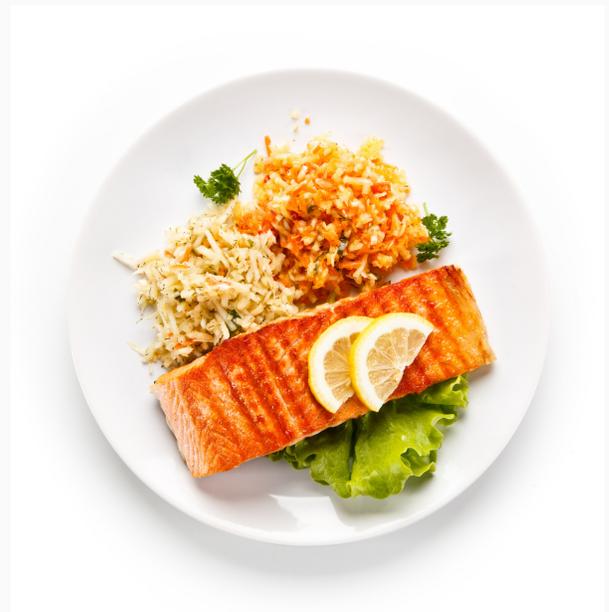
Whole Wheat Pasta with Olive Oil & Shrimp



Rice Dish with seafood or another protein, oil, & veggies



All of these plates contain a protein consisting of fish, chicken, or turkey, rice or pasta and vegetables



Snacks Suggestions Using the Plate Method



Various Toasts that Contain a Protein & Fat
(Ex: Peanut Butter Toast or Salmon / Tuna Toast)



Protein Smoothie with Frozen or Fresh Fruit



Greek Yogurt with Fruit & Granola



Protein Bar / Granola Bar or Nuts



Protein Muffins with Fruit



References

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