COD-ED
COD-ED Discharge Example Nutrition Plans Summary Sheet

This resource provides dietitians with an overview of how to use the COD-ED Discharge Example Nutrition Plans.

The COD-ED Example Nutrition Plan 1 and Example Nutrition Plan 2 are consumer education resources created for dietitians to use for eating disorder clients prior to discharge from hospital. The example meal plans should be provided in combination with the blank ‘My Nutrition Plan’. Encourage the consumer (+carer/family) to use the Example Nutrition Plan to formulate their individual plan. Ideally the dietitian would then provide feedback/advice.

**Nutrition Plan 1** is designed as a maintenance meal plan of approximately 10MJ. The meals in Nutrition Plan 1 average 2MJ, and mid meals average 1.2MJ.

**Nutrition Plan 2** is designed as a repletion meal plan and is based on approximately 12MJ. The meals in Nutrition Plan 2 average 2.5MJ and mid meals average 1.75MJ.

Both nutrition plans include a variety of the food groups and provide adequate serves of dairy and fruit.
A vegetarian option is included in each plan (option 3) however it is suggested that you provide a more individualised plan for vegetarian/vegan clients (please see the blank COD-ED meal plan and fill in with your client’s choice/preferences).

These meal plans are designed as an interim measure and not for long term use. Please ensure your clients follow up with a dietitian in the community for individualised dietary advice and to ensure they are meeting their nutritional requirements (maintenance or repletion).