



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.

This is a consensus document from Dietitians/Nutritionists from the Collaboration of Dietitians working in Eating Disorders (COD-ED)

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References: <https://www.health.qld.gov.au>

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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).

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