



Nutrition Philosophy



Castlewood is committed to a nutritional philosophy founded in evidence-based treatment and cutting edge practice.

Our dietitians, as an integral part of the treatment team, provide education, support and guidance specific to the unique challenges of each client. Our clients benefit from a philosophy focused on normalized, "all foods fit", eating patterns, using an exposure-based model to incorporate balance and variety. Meal guidelines are individualized for each client's metabolic requirements and adjusted as needed during the recovery process. Meals are prepared in-house by our chefs who use the freshest ingredients to ensure nutritious meals that are not only delicious but also appealing.

Castlewood believes in treating the individual, and our nutritional philosophy is no different. The dietitian works as part of the integrated treatment team to develop challenges specific to each independent struggle to guide every client toward the goal of full recovery.

Castlewood incorporates a number of eating disorder therapy exposures including, but not limited to:

- Eating with peers on Castlewood grounds
- Eating independently
- Group restaurant meal or snacks
- Individual meals or snacks
- Grocery shopping
- Cooking groups and individual cooking
- Binge exposures
- Leaving some food behind or eating a full plate of food
- Meal planning

Contact us for more information | 1.888.822.8938 | castlewoodtc.com



Nutrition Philosophy

Balancing Nourishment and Pleasure

1. Weekly nutrition education groups led by one of our registered and licensed dietitians

The goals of this group are to:

- Remove the surprise factor- discuss and provide anticipatory guidance specific to body changes expected during recovery process.
- Restore nutrition truth- discuss our definition of normal eating: nourishment plus pleasure
- Use scientific content to our advantage- discuss the science practically and creatively to guide clients to a better understanding of their bodies' relationship to food

2. Our Philosophy

- Normal eating incorporating "nourishment plus pleasure." We provide progressive emphasis on nourishment to pleasure during each stage of treatment
 - Initial goal of metabolism and weight stabilization emphasizes the nourishment side of balance (RTC)
 - Transition to progressive self-care and continued recovery emphasizes the pleasure side of balance (PHP, IOP)
- Enhanced clinical assessment including use of metabolic testing
- Use of balanced fuel groups to individualize meal plans
- Implementing meal timing that promotes metabolic stabilization
- Balancing energy and protein fuel at meals/snacks to maximize healing
- Incorporating baseball, ping pong ball and palm of hand as realistic portion models

3. Consistent collaboration between referral partners

- Pre, during and post treatment communication

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