



⋮ The Renfrew Center ⋮ for Eating Disorders

NUTRITION APPROACH

EMOTIONAL AWARENESS • VARIETY EDUCATION • SUSTAINABLE CHANGE

Renfrew's nutrition philosophy is embedded within our Unified Treatment Model, and our nutrition program is designed to treat every type of eating disorder. Whether patients are struggling with binge eating, avoidance of certain foods, purging, or a combination of these behaviors, they can benefit from our evidence-based programming.

Patients are provided opportunities through treatment to learn about nutrition and practice eating a variety of foods in different situations to improve their relationship with food and their body, promote variety and flexibility, and support a value-driven life.



Renfrew's nutrition approach is consistent among ALL levels of care:
Residential, Day Treatment, Intensive Outpatient, Outpatient Services, and Virtual Treatment.



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Emotional Awareness

Eating disorders are often coping strategies to deal with difficult emotions; therefore, our goal is to teach patients how to both nourish their bodies and manage emotions more effectively. Increasing emotional awareness, acceptance and tolerance is key in helping to gradually reduce and eliminate all eating disorder symptoms. Through supported meals and targeted experiences, patients gain confidence with diverse food options.



Variety

Our dietitians help patients explore food choices shaped by culture, sensory profiles, values, and ethics, promoting flexibility to enhance quality of life. Individual or family meal planning addresses unique needs, integrating values and the connection between food and emotions. We also support medical conditions like diabetes, celiac disease, gastric bypass, food allergies, and dietary preferences such as vegetarian, Kosher, or Halal.

Education

We educate patients on the importance of nourishing their bodies through evidence-based nutrition education. Patients develop a clear understanding of their nutritional needs and gain confidence in planning consistent, nourishing meals during treatment and beyond. Education is provided through individual sessions and groups that cover meal planning, grocery shopping, cooking, social eating, nutrition basics, and family nutrition.



Sustainable Change

Our supported meals and snacks provide an opportunity for patients to find balance in their own daily routine. We offer a wide variety of foods to help with exploring food preferences and sustainability in eating patterns. We also support cognitive flexibility around movement to support a growth-fostering relationship with their body. Both of these processes occur by detangling socially constructed messages that equate food, exercise, weight and size with morality.

To learn more about The Renfrew Center's nutrition approach, please call 1-800-RENFREW (736-3739), visit www.renfrewcenter.com, or email info@renfrewcenter.com.

IN-PERSON LOCATIONS: FLORIDA • GEORGIA • MARYLAND • MASSACHUSETTS
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RENFREW@HOME: AVAILABLE IN MORE THAN 30 STATES.