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REGISTERED DIETITIAN/MEDICAL
NUTRITION THERAPIST
SCIENCE | BODY | MIND

NUTRITION THERAPY TOPICS ADDRESSED IN SESSION & GROUP

1. **Basic Nutrition**
(*Carbohydrate, Protein, Fat, Vitamins, and Minerals*)
2. Function and Role of Protein
3. Highest Quality Sources of Protein
4. Fats and Oils
5. Behavioral, Emotional, Cognitive and Physical Manifestations of an Eating Disorder
6. **Malnutrition, Starvation, and Refeeding**
7. Inward Listening
(*Externally Controlled vs Internally Controlled Eating*)
8. Fluids
9. Fiber
10. **Stages of Change** and Successful Change
11. Affirmations
12. Taking Risks
13. **Continuum of Eating Disorders**
(*Temperamental Traits, Underlying Issues of Self-Loathing, and Negative Self-Esteem*)
14. **Nutritional Factors That Affect Blood Glucose Levels, Glycogen, Cognition, and Recovery for the Brain**
15. **Metabolism/Set Point Weight**
(*Factors That Increase and Decrease Metabolism and Metabolic Regulation*)
16. **Appetite Regulation**
(*Hunger, Satisfaction, & Fullness*)
17. **Fads, Myths, and Misperceptions**
18. Stages of Recovery and Typical Eating Patterns (AN,BN,CO)
19. Mindful/Mindless Eating
20. **Intuitive Eating**
21. Emotional Eating
22. **Alternative Behaviors to Eating Disorders**
23. **Food and Weight Related Cognitive Distortions**
24. Feelings Identification
25. **Feelings Vocabulary**
26. Distress Tolerance Healing and Growing Without Taking Shortcuts
27. Learning to Recognize The Role an Eating Disorder Has Been Playing In a Client's Life
28. Developing Skills to Quiet ED's Voice with the Intrusion of Science Based Nutrition Knowledge



FOOD & BODY CONNECTIONS