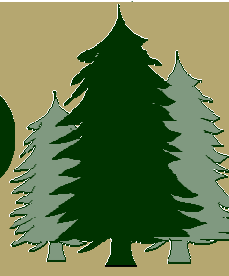


The CEDAR Review

Associates



Eating disorders, general psychotherapy, medication management, nutrition and recovery

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Judy Scheel will be presenting at Four Winds Hospital

Conference Center Katonah, NY
on Friday, May 2, 2008
from 9:30 am - 11 am

Title of presentation: **Eating Disorders and Co-Morbidity**

The focus is on Eating Disorders and concurrent Axis I and Axis II diagnoses; plus eating disorders as primary or secondary diagnoses with Trauma and Abuse, Substance Abuse and the relationship with OCD. This event is open to professionals. Please contact Four Winds at 914-763-8151 for info and reservations.

Additional info to follow in upcoming CEDAR newsletters

Jennie Kramer, LMSW is doing an in-service for the Counseling Center at IONA College in New Rochelle on May th

News & Announcements:

2008 Eating Disorder Foundation Conference
Etiologies of Eating Disorders: A Deeper Understanding
September 19th at the Women's Club—White Plains, NY. 8AM—3:30PM (Breakfast and lunch included). General donation: \$125

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR
family members, friends and partners of eating disorder sufferers

Next Meeting: Apr 17, 2008

[Click here for other groups at CEDAR](#)

Quote of the Month:

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”
Eleanor Roosevelt

What is Healthy Eating?

Stacey B. Schulman, MS, RD, CDN
Registered Dietitian

Food is a constant in our lives. We all eat several times a day; and even when we are not eating it feels like we are planning our next meal. As a dietitian living in today's society, I am constantly asked this question—Is this food healthy for me? As consumers we too often ask ourselves is this food “good” or bad” for us? Everyone tries to eat healthy, but what do they really mean when they say this? The question becomes even more complicated for someone with an eating disorder. I hope to bring a reasonable perspective on the term healthy eating and help shape your definition of a healthy food.

Conventionally we think of a healthy diet as one that is rich in fruits, vegetables and whole grains and limited in sweets, salts and refined flour. How did we come up with this? Mostly from the messages we are have seen in the media, heard from the government, and read in professional journals. We tend to put foods into black and white categories of good and bad. Rather than dichotomizing food, I challenge my clients and their families to think of all types of food falling on a scale that is gray. The answer to the question of whether you can eat a food is not yes or no but always yes; a better way to ask the question is how often or how much should I have of a given food.

Eating healthy means listening to your body. We all have cues inside; these include hunger, cravings, or just a plain old want. Getting in touch with these cues and enabling them to drive whether to eat a certain food and more importantly how much can be translated into healthy eating. If we are able to truly be in touch with these cues, we can start to eat when we were hungry and stop when we are full; this is one way to achieve an appropriate body weight—this can include both weight loss and weight gain.

A healthy diet includes a variety of foods from all of the food groups; rice, apples, chocolate, pasta, fish, and butter are all included. A healthy diet includes all foods and does not eliminate any food or food group. It should include all of your favorite foods and satisfy your personal hunger.

Healthy eating means being flexible—sometimes you may eat for other reasons than being hungry, such as emotional nourishment; other times you may eat for the sake of enjoyment. Sometimes you may want to try a new food while other times you wish to enjoy an old favorite. Often meals are a way to socialize with a friend or network with a colleague.

Please click [here](#) to read more of this letter from Stacey on our web site.