

Disordered Eating Food Addiction Nutrition Guide (DEFANG)

**Big Picture Treatment Goal:
Stabilize Body / Brain**

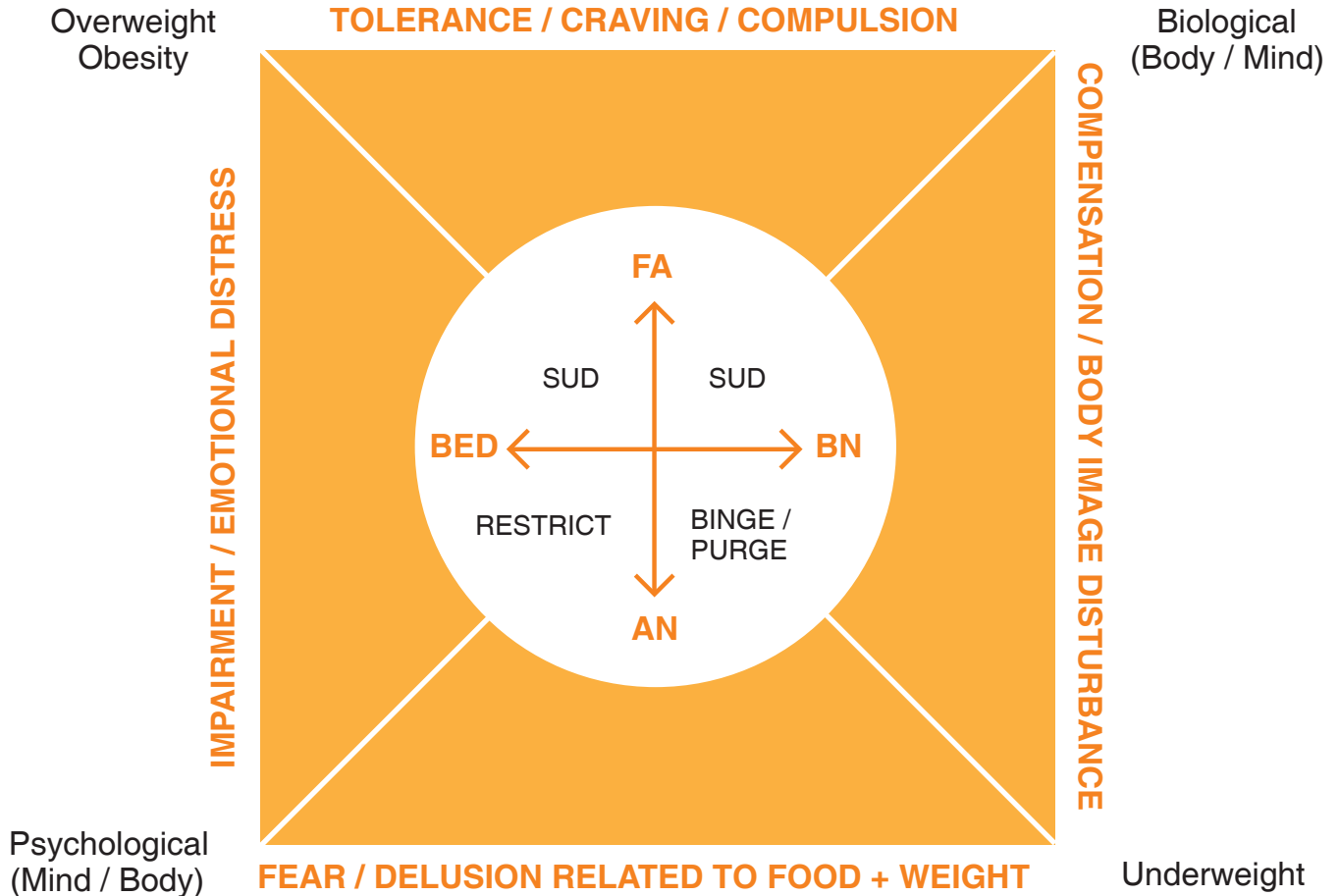
Restricted Diet

1. Nutrition / Exercise

2. Psychotherapeutic / Psychopharmacological

David Wiss, MS, RDN

"About the food."



"Not about the food."

**Big Picture Treatment Goal:
Make Peace with Food / Body**

Liberalized Diet

1. Psychotherapeutic / Psychopharmacological

2. Nutrition / Exercise

LEGEND

FA: Food Addiction

SUD: Substance Use Disorder

BED: Binge Eating Disorder

BN: Bulimia Nervosa

AN: Anorexia Nervosa