

Living Well With a Restricted Diet

Are your restrictions driving you crazy? Wendy's [private clients](#) can access these nineteen articles to learn practical strategies for living well with a restricted diet.

1) Eating Out

- Restaurants
- Social Gatherings
- Portable Meals and Snacks

Find a Better Diet

- 8) Dietary Patterns May be a Factor
- 9) Tools to Help Figure Out Which Foods Bother You

Incorporate More Pleasure into Your Life

- 16) Find More Pleasure in Your Limited Diet
- 17) Non-Food Sources of Pleasure
- 18) Notice and Remember What is Going Well

2) Communication

- Talk with Your Doctor
- Friends and Family

10) Nutrition

- What is Good Nutrition
- Balanced Meal Plans
- Calcium and Vitamin D
- Multi-vitamin and Mineral Supplement

19) Mindful Topics

- Mindful Eating
- Improve Brain Fog with Mindful Habits

Find a Balance with Research & Think Critically

- 3) Find Your Balance
- 4) Think Critically About Information

Plan Meals & Reduce “What am I going to eat?”

- 11) Meal Planning
- 12) Freezing Meals
- 13) Vacuum Sealing
- 14) Creative Preparation

Make One Change at a Time

- 5) How Do You Approach Potential New Treatments?
- 6) Decide What Changes to Try
- 7) Write an Action Plan

15) Simple, Flexible Recipes

- | | |
|----------------------|-------------------------|
| Baking | Snacks |
| Soups & Stews | Dehydrated |
| Hot Meals | Condiments & Flavorings |
| Side Dishes & Salads | Sweets & Treats |