www.riveroakhealth.com.au

A back pocket guide to developing positive food relationships

RAVES is an evidence informed framework that supports the development of positive food relationships through combining science and personal values. With years of practical clinical application in the fields of eating disorders and weight concerns, RAVES is the perfect "back pocket tool" to guide change for your clients in moving toward intuitive eating practices.



REGULARITY

Provides the foundation of the model through structure • Eating five to six times a day – no emphasis in quantity •

Assists in reducing binge eating episodes •

Stimulates metabolic efficiency – gets the fire burning • Improves digestive functioning – gym workouts for the gut • Helps maintain blood sugar levels – reducing highs and lows •

VARIETY

Challenges beliefs of good v bad foods – all foods equal •
Lays the foundation for social eating opportunities •

Introduces wider range of foods – there are no 'bad' foods •

- Explores relationship of trust with food permission •
- Explores concept of taste get taste buds dancing
 - Lays foundation for social connection around food •

SPONTANEITY

Flexibility in food thinking and practices •

Supports sustainable and intuitive eating practices •

Allows the client to be more socially integrated •

- Provides scope for a more natural food relationship •
- Reduced cognitive engagement in the eating process •
- Increased confidence and trust in natural body signals •

ADEQUACY

- Provides for nutritional adequacy
- Medical stability, Nutritional Rehabilitation
- Quality of food choices food groups and balance
- Quantity of food choices portions and energy intake
- Addresses macronutrient intake and distribution
- Allows the client to stick with safer foods initially

EATING SOCIALLY

- Establishes confidence in social eating situations
- Social reconnection with friends and family
- Supports the development of values based social networks
- Conversations challenge and distract from internal rhetoric
- Extends trust in food to food prepared differently/by others

INTUITIVE EATING PRACTICES

THE THREE PHASES OF RAVES

Phase 1: Regularity and Adequacy - Prioritises nutritional rehabilitation, medical stability, and physiological adaptation to improved eating patterns. In theory, this phase can be achieved with very limited variety in food choices.

Phase 2: Variety, Eating socially, and Spontaneity – This is where the magic happens! Clients begin to enjoy food, experience improvement in quality of life, and reconnect socially with friends and family. Flexibility and a move away from eating based on rules and cognitions lays a platform for trusting food decisions, the body response, and eating intuitively.

Phase 3: Intuitive Eating Practices – Bringing it back to basics, where it all began when we emerged from the womb. No thinking about food, just using our inherent intuition.



