

POCKET GUIDE TO  
**Eating  
Disorders**  
THIRD EDITION

**Instructor's  
Resource Manual**



Academy of Nutrition and Dietetics  
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*Academy of Nutrition and Dietetics Pocket Guide to Eating Disorders, Third Edition—*  
Instructor's Resource Manual

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# About the Author

Jessica Setnick, MS, RD, CEDS-C, is known to dietitians worldwide as an expert in eating disorder nutrition counseling. For the past 26 years, she has worked in every level of eating disorder care and education as a dietitian, speaker, and consultant. Her signature training workshop for health professionals, Eating Disorders Boot Camp, has been attended by thousands of dietitians and other professionals since 2003. She is the author of *The Academy of Nutrition and Dietetics Pocket Guide to Eating Disorders* and several other books.

In 2012, Jessica founded the International Federation of Eating Disorder Dietitians (IFEDD), which has grown to nearly 1,000 members worldwide. Through IFEDD and the Access to Care Project, Jessica advocates to expand access to eating disorder care and against insurance company discrimination and harmful stereotypes.

In 2019, Jessica shared insights into her decades of public speaking experience in *A Dietitian's Guide to Professional Speaking: Expert Advice for Pitching, Presenting & Getting Paid!*, and most recently starting touring the country again with her workshop Healing Your Inner Eater. Jessica's passion is supporting dietitians, so after decades of advising other RDNs, she put all of the most common questions into *The Sleepless Dietitian's Guide: Advice for the Angst That Keeps You Up at Night*. She envisions a world where no one is ashamed to talk about their eating issues and anyone who wants help can get it. Contact Jessica at [Jessica@UnderstandingNutrition.com](mailto:Jessica@UnderstandingNutrition.com) or visit [www.JessicaSetnick.com](http://www.JessicaSetnick.com).

# Introduction

## About *Pocket Guide to Eating Disorders, 3rd Edition*

The newly revised third edition of the *Academy of Nutrition and Dietetics Pocket Guide to Eating Disorders* is designed to help health care professionals better understand and support individuals experiencing disordered eating. Recognizing that eating disorders are complex and can look very different from person to person, the *Pocket Guide* combines evidence-informed concepts with practical, real-world guidance. *Expert Insight* boxes are included throughout the book to highlight clinical considerations and concerns that may arise in practice. The text also consistently addresses common misconceptions and sources of bias, both of which are important for accurate assessment and effective care.

The *Pocket Guide to Eating Disorders* is written for nutrition practitioners, eating disorder specialists, students, and other health care professionals who want a clear, accessible resource that they can turn to in both learning and practice. The third edition is organized around the Nutrition Care Process, providing a consistent framework for assessing nutrition-related concerns, developing diagnoses, implementing interventions, and evaluating progress in individuals with disordered eating.

The book walks readers through eating disorder classifications; contributing biological, psychological, and sociocultural factors; and the role that registered dietitians play within interdisciplinary care teams. It offers practical guidance on nutrition assessment, diagnosis, and intervention, along with counseling and education strategies that can be adapted for individuals experiencing restrictive eating, binge eating, and other disordered eating patterns. Guidance on coordinating care and working collaboratively with other health care professionals is also included. Throughout the book, an inclusive and person-centered perspective is emphasized, reflecting the many ways eating disorders present and the wide range of individuals who may be affected.

## About the Instructor's Resource Kit

The Instructor's Resource Kit consists of 6 case studies along with discussion questions and answers designed to depict a wide range of disordered eating scenarios. They were created to prepare students and interns for professional practice in 2 ways—by reinforcing the realities of psychiatric and psychological eating issues and dispelling some of the myths. Some of these realities include:

- Most people experiencing eating disorders have not been officially diagnosed.
- Most people with eating disorders first encounter a registered dietitian for a reason other than the eating disorder.
- Many people with eating disorders are unaware of the dangers caused by their eating behaviors.
- Some people with eating disorders are unable to change even when aware of these dangers.

And some of the myths include:

- If a patient has an eating disorder, this would have already been noticed by someone else.
- If the registered dietitian provides the correct information to the patient, the patient will change their eating behaviors.
- Someone else has confirmed that outpatients are medically stable and safe to be seen outside of a hospital.
- Patients are aware that their eating is a problem.

The case studies showcase a variety of patient scenarios and practice settings that bring these principles to life. To reflect the reality that many eating disorder–related situations do not have one single “right” answer, each discussion question is followed by several appropriate response options.

## How to Use the Instructor's Resource Kit

Designed for flexibility, the Instructor's Resource Kit can be used in the classroom, during internships, in online learning environments, or as skill-building practice for new practitioners.

- Case studies can serve as discussion starters in classroom, group, or online settings. Each case study is accompanied by open-ended questions. Suggested answers are provided, while critical thinking and deeper exploration are encouraged.
- The questions along with their suggested answers can be found in this manual. Blank student sheets with the case study and questions are included in separate Microsoft Word documents.
- Each case study question includes a note that directs to additional relevant information in the book.

## Accreditation Council for Education in Nutrition and Dietetics (ACEND) Competencies

Relevant ACEND competencies are provided for each case study. These can be found on page 23.

SAMPLE  
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or Sale

# Selected Associated Accreditation Council for Education in Nutrition and Dietetics (ACEND) Competencies<sup>a</sup>

Case study	2022 Core Knowledge (KRDN) <sup>b</sup>	2022 Core Competency (CRDN) <sup>b</sup>	Future Education Model (FEM) Performance Indicators <sup>c</sup>
#1 Type 1 Diabetes: Marcus' Story	1.3 2.1 3.1 3.3	1.5 2.6 3.1 3.10	1.2.1 1.5.1, 1.5.2, 1.5.4 1.6.1 2.3.2, 2.3.4, 2.3.10, 2.3.16 2.4.5, 2.4.8 7.2.1
#2 Cancer Treatment: Mrs Linh's Story	1.3 2.1 3.1 3.3	1.5 2.4 2.6 2.11 2.12 3.10 3.12	1.2.1 1.5.2 1.6.1 1.7.4, 1.7.5 1.9.1 2.3.4, 2.3.10, 2.3.13 2.4.5, 2.4.7, 2.4.8
#3 Aging and Rehabilitation: Evelyn's Story	1.3 2.1 3.1 3.3	1.5 2.4 2.6 2.11 3.1 3.10	1.2.1 1.5.2, 1.5.4 1.6.1 2.3.4, 2.3.5, 2.3.16 2.4.5 7.2.1
#4 The Collegiate Athlete: Diego's Story	1.3 2.1 3.1 3.3	1.5 2.4 2.6 2.11 3.1 3.10	1.2.1 1.5.1, 1.5.2, 1.5.4 2.3.4, 2.3.5, 2.3.10, 2.3.13 2.4.5 7.2.1
#5 Pregnancy: Shana's Story	1.3 2.1 3.1 3.3	1.5 2.4 2.6 2.11 3.1 3.10	1.2.1 1.5.4 1.6.1 1.7.3, 1.7.5 2.3.10 2.4.5, 2.4.7 7.2.1
#6 Gastrointestinal Symptoms: Avery's Story	1.3 2.1 3.1 3.3	1.5 2.4 2.6 2.11 2.12 3.1 3.10	1.2.1 1.5.1 1.7.5 2.3.4, 2.3.16 2.4.5, 2.4.8 7.2.1

<sup>a</sup> Additional competencies may apply.

<sup>b</sup> Accessed March 2, 2026. A complete listing can be found at [www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/2022-standards-and-templates](http://www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/2022-standards-and-templates)

<sup>c</sup> Accessed March 2, 2026. A complete listing can be found at [www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/future-education-model-standards-and-templates](http://www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/future-education-model-standards-and-templates)