



DIGNITY OF CHOICE

SAMPLE PLANS OF EATING

Four years in the making, this new pamphlet provides guidance to both new and longtime OA members in devising their own plans of eating.

Dignity of Choice covers such topics as:

- . • The difference between a plan of eating and abstinence
- . • Having a choice of plans
- . • Reviewing our eating patterns

- . • "Trigger" or "binge" foods

- . • Eating behaviors
- . • Dealing with quantity
- . • Structure and tolerance

Dignity of Choice also provides
6 sample plans of eating
(reviewed and approved by a licensed dietitian)
with which some OA members have had success.

\$0.75 each

Available at the
OAsis.