

ALL ABOUT EATING DISORDERS

WHAT IS IT?

Eating disorders are mental illnesses associated with food, weight, and appearance. They are complex and interfere with daily life.



TYPES

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder (BED)
- Avoidant and Restrictive Food Intake Disorder (AFRID)
- Other Specified Feeding or Eating Disorder
- Other Eating Disorders

ANOREXIA NERVOSA

- Intense fear of gaining weight
- Overestimates body size and weight
- Compensating behaviours:
 - Restricting food
 - Intense exercise
 - Purging (Self-induced vomiting or use medications)



BULIMIA NERVOSA

- Pattern of restricting food and binge eating in short periods of time
- Feel out of control over food consumption
- Repetitive behaviours:
 - Intense exercise
 - Self-induced vomiting
 - Fasting



BINGE EATING DISORDER

- Eating large amounts of food quickly, regardless of hunger levels
- Feel out of control over food consumption and when to stop
- Eating until unbearably full



 One Healing Space

REFERENCES:

National Eating Disorder Information Centre. (n.d.). Eating disorders & treatment. NEDIC. Retrieved November 6, 2021, from <https://nedic.ca/eating-disorders-treatment/>.

CAMH. (n.d.). 20112 eating disorders. CAMH. Retrieved November 12, 2021, from <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/eating-disorders>.