

Binge Eating



What is it?

- Obsessive drive - for thinness, dieting and exercise.
- Preoccupation - with size and shape.



What does it do?

- Excessive weight loss, loss of menstrual periods, infertility.
- Dry, thin hair, brittle thin nails, wasted muscles.
- Dehydration, constipation, abdominal bloating or discomfort.
- Tooth disease, depression, isolation.



Who develops Binge Eating?

- Perfectionist - who are helpful, responsible and conscientious.
- Well behaved and eager to please, do not want criticism or rejection.
- Persons - who diet and become hungry craving carbohydrates and fatty foods.
- Usually a Person with a Normal Weight
- Depressive - Moods.
- Preoccupied - with food and weight control.



What can I do?

- See a Health Care Provider - Immediately for direction.
- See a Registered Dietitian or a Food Fitness First® RD - for meal planning and exercise plan.
- Counselor - Support groups for eating disorders.

