



O vereating



What is it?

- *Compulsive Eating- Eating thousands of calories > you need
- Stress Reliever- usually begins as a child, eating because sad, bored, angry, hungry, comfort, to relieve tension, to have control
- *Out of Control- weight gain, obese, > 20% is above normal weight
- Dieting- often leads to more overeating

Signs and Symptoms:

- *Weight Gain- thinking of food often, when complete 1 meal, thinking of the next meal, always thinking of what is next to eat
- *Eating Large Amount of Food- in < 2 hours, 2-3 times week
 - lack of control over eating, eating too fast, eating after full
 - guilty about overeating, depressed, binge eating
 - snacking or nipping over 2 hours



*Comfort Foods- High Sugar, High Fat Foods



Facts:

*Obesity- can lead to Diabetes, high Cholesterol/LDL/Triglycerides, High Blood Pressure, Gallbladder Disease, Heart Disease, Kidney Damage, Cancer

What can I do?

- *See your Physician- he will refer you to a special trained therapist to address eating behavior, habits, programs
 - *See RD for help as needed
 - *See FFF RD on line for help
- *Team of Professional- to help with emotions, dieting and overeating
 - *Exercise- daily for 15 to 20 minutes
- *Weight- weekly and not daily, keeping a record of weight and measurements
 - *Increase- Foods High in Fiber as Fresh Fruits and Vegetables
 - Fresh apples, pears, peaches, strawberries, blueberries, blackberries, kiwi, melons, lettuce, tomato, celery, radishes, cucumbers, Vidalia Onions, salad greens, cauliflower, broccoli



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