

## TYPES OF EATING DISORDERS

- **ANOREXIA NERVOSA**

*Refusal to maintain appropriate weight for height*  
*Pervasive fear of becoming fat or gaining weight despite current underweight status*  
*Significant distortion of perceived body size or body shape*  
*Amenorrhea (absence of menses over three consecutive cycles )*

- **BULIMIA NERVOSA**

*Recurrent episodes of binge eating*  
*Behavior to compensate for binge eatings*  
*Binge eating and compensation occur over time (at least 3 months)*  
*Excessive concern about weight and/or body shape*

- **BINGE EATING DISORDER**

*Recurrent episodes of binge eating*  
*Loss of control experienced during binges with binges causing marked distress*  
*No action to compensate binge occurs*

## AM I AT RISK FOR DEVELOPING AN EATING DISORDER?

If you are struggling with food and are preoccupied with a desire to be thinner, you may be at risk of developing an eating disorder. Answer the following questions to determine your eating attitudes. Any yes answer could indicate an eating problem.

I am preoccupied with a desire to be thinner:	Yes	No
I become anxious before eating.	Yes	No
I am terrified of becoming overweight.	Yes	No
I avoid eating when I am hungry.	Yes	No
I have had eating binges where I feel I can't stop.	Yes	No
I feel bloated after meals.	Yes	No
I give too much thought to food.	Yes	No
I weigh myself several times a day.	Yes	No
I think about burning calories when I exercise.	Yes	No
I display enormous self-control around food.	Yes	No
I find ways to get rid of calories I feel I've overeaten.	Yes	No
I feel that food controls my life.	Yes	No
I feel extremely guilty after eating.	Yes	No

## COMPLICATIONS OF EATING DISORDERS

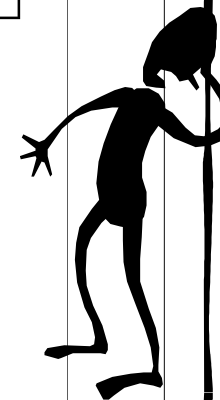
Some of the medical and nutritional complications (both immediately seen and long term consequences) caused by eating disorders are listed below.

- Amenorrhea
- Decreased heart rate and metabolic rate
- Osteoporosis
- Cold intolerance
- Depression
- Kidney stones
- Decreased liver function
- Dehydration
- Electrolyte imbalances
- Irregular heart rhythms
- Muscle weakness
- Rectal bleeding
- Anxiety
- Tooth enamel erosion and dental caries
- Obesity
- Hair loss

## DO YOU WANT TO DIE TO BE THIN?

Eating disorders can ultimately lead to death through the physical consequences, such as heart arrhythmias, or suicide because of eventual despair and depression.

If you feel you have an eating disorder, it is important to seek help.



***DON'T WEIGH YOUR  
SELF ESTEEM, IT'S  
WHAT'S INSIDE  
THAT COUNTS***

Some college students suffer from eating disorders. These disorders take a large toll from your physical and emotional well being. Eating disorders disrupt your relationships with people, consume valuable time and energy which could be used for more fulfilling activities and cause many problems with your health.

It is difficult to recover from an eating disorder by yourself. The sooner you seek help, the more likely your chance for recovery. At North Carolina State University, help is available.

*Student Health Services-515-7107  
University Dining's Registered  
Dietitian, Lisa Eberhart, RD, LDN:  
919-513-5310*



*Free yourself from an  
eating disorder's grip.*

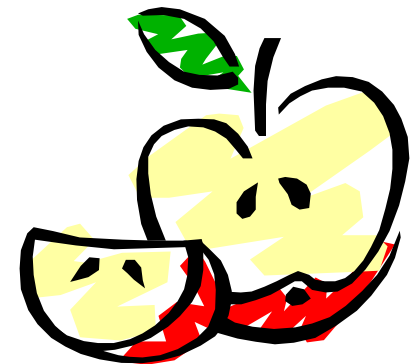
**North Carolina State University Dining**

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**North Carolina  
State University  
Dining**

***Nutrition Counts***

**EATING DISORDERS**



Nutrition Facts for You!

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