

Eating Disorders – What are they?

People with Eating Disorders experience disturbances in eating behaviors that affect their physical and mental health. There are three types of eating disorders:

- Anorexia Nervosa
- Bulimia Nervosa, and
- Binge Eating Disorder.

Who can develop an Eating Disorder?

Anyone can develop an eating disorder. Statistics report that most often, women between the ages of 12 and 35 develop eating disorders. However, eating disorders can affect anyone including men.

What are symptoms of Eating Disorders? (general symptoms; each type may have unique symptoms)

- Constant attention and thinking about food, weight, dieting, fat grams
- Refusal to eat certain foods
- Mood swings
- Skipping meals, eating smaller portions of food at regular meals or binge-eating
- Difficulty concentrating, dizziness, muscle weakness
- Anxiety eating around others
- Weight changes
- Compulsive Exercise
- Food Rituals

What can I do for anxiety?

Take the first step. Go to see your doctor and get help.

There are treatment providers who specialize in treating eating disorders.

For More Information:

<https://nyeatingdisorders.org/>