

# 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**- for Meal Planning and Exercise Plan
- **See FFF RD**- on line for help as needed
- **Counselor**- Support Groups for Eating Disorders

