

What Are Common Types of Eating Disorders?



Eating disorders are serious illnesses marked by severe disturbances to one's eating behaviors. Common types of eating disorders include:

Anorexia nervosa

People with anorexia nervosa severely avoid or restrict food intake due to a distorted self-image or an intense fear of gaining weight.

Bulimia nervosa

People with bulimia nervosa regularly binge eat and then engage in unhealthy behaviors to prevent weight gain, such as forced vomiting or the use of laxatives.

Binge-eating disorder

People with binge-eating disorder regularly lose control of their eating and eat unusually large amounts of food.

Avoidant restrictive food intake disorder (ARFID)

People with ARFID limit the amount and variety of food they eat due to their anxiety or fear of the consequences of eating or dislike of a food's characteristics.

People with these types of symptoms may have an eating disorder and should talk to a health care provider. Help is available.



Understanding Sports And Eating Disorders

PT Brinkman



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