



# Different Types of EATING DISORDERS

## ANOREXIA NERVOSA

Anorexia nervosa displays through restricting the types and amount of food eaten, and, often, a low body weight. It is estimated 0.9%-2% of women and 0.1%-0.3% of men in America will develop threshold symptoms of anorexia nervosa.

## BULIMIA NERVOSA

Bulimia nervosa is displayed through cycles of binge eating and behaviors such as vomiting to "undo" the effects of binge eating. 1.1%-4.6% of women and 0.1%-0.5% of men in America will develop threshold symptoms of bulimia nervosa.

## BINGE EATING DISORDER

The most common eating disorder in America, binge eating disorder is displayed through episodes of eating large amounts of food, while feeling a loss of control, and feeling shame or guilt afterwards, and not regularly using unhealthy methods to "undo" the effects of binge eating. BED is three times more common than anorexia and bulimia combined.

## ORTHOREXIA

Orthorexia is not officially recognized in the DSM, however awareness of it has increased. Orthorexia encompasses the extreme desire to eat healthy, where those who suffer are so fixated to the point that they actually damage their own well-being.

## OSFED

Also known as Other Specified Feeding or Eating Disorder, this was developed encompass those who do not meet the traditional symptom threshold of anorexia nervosa, bulimia nervosa, or binge eating disorder, while still suffering from a serious eating disorder or disordered eating.

## OTHER DISORDERS

Other eating disorders that do not revolve around worries about body shape and size exist. These can be ARFID (avoidant restrictive food intake disorder), pica (where items of no nutritional value are eaten, such as hair, nails, paint chips, etc.), rumination disorder (where food is regularly regurgitated not due to a different medical condition), and many others. These are still serious and cause harm to sufferers.