

Healthy

Eating

vs.

Eating Disorders

Anorexia Nervosa

Someone with this condition may be intensely afraid of being overweight and claim to feel fat even if they are severely underweight. They might reject food entirely, vomit to be rid of the food, and exercise to the extreme to achieve thinness.

Bulimia

Someone with bulimia may vomit intentionally, or use laxatives to rid the body of food. Often bulimics will ingest huge amounts of food (binge) before vomiting or they may alternate bingeing with severe dieting. A bulimic is not necessarily overweight or underweight.

Compulsive Overeating

Someone is said to be a compulsive overeater if they eat excessive amounts of food for reasons other than physical hunger. Compulsive eaters may feel a lack of control about food, and continue to eat even when they feel extremely uncomfortable.

Chronic dieting

Someone who continually tries to lose weight by dieting is a chronic dieter. This person will go from one diet to another and is particularly vulnerable to quick weight loss gimmicks. Because dieting lowers body metabolism, a return to normal eating causes weight to be regained, leading to a sense of failure and the start of another diet.

Why do eating disorders happen?

Problem eating patterns develop for a variety of reasons including:

- fear of weight gain
- family problems
- anxiety about sexuality
- pressure to succeed
- and fear of failure
- societal pressures
- self esteem issues
- physical, emotional, and psychological issues
- there can be many other causes that contribute to why they happen

Signs Include

- frequent changes in, and constant talking about, weight
- preoccupation with food, nutrition or dieting
- severe weight loss or dramatic weight fluctuations
- unhealthy appearance, with pale face and limp hair
- wearing layers of clothing or baggy, loose-fitting clothes
- complaining frequently of the cold
- fainting, blacking out, dizzy spells or difficulty concentrating
- seeming sad, angry or irritable
- isolating from others
- frequent trips to the restroom
- taking long, frequent showers
- skipping meals
- cutting food into small pieces, or eating large quantities of food

For more information or help:

University Health Services

150 Infirmary Way
(413)577-5101

Services include:

- nutritionist and health/diet programs
- eating disorder clinics that combine nutrition, counseling and medical care

Counseling Services

Everywoman's Center
Wilder Hall
(413)545-0883

Services include:

- Short term counseling for women
- Free and available to all campus, community, and 5 college women

Walden Behavioral Clinic

109 Main Street
Northampton Ma 01060
(413)582-0100

Services include:

- Inpatient care
- Partial hospitalization
- Intensive outpatient care
- Binge and/or night eating programs

NO



BODY IS PERFECT

Average woman vs. Barbie Doll?

	Average woman	Barbie	Store mannequin
Height	5' 4"	6' 0"	6' 0"
Weight	145 lbs	101 lbs	Not available
Dress Size	11-14	4	6
Bust	36 - 37"	39"	34"
Waist	29 - 31"	19"	23"
Hips	40 - 42"	33"	34"



Barbie

What is Healthy Eating?

Aiming for regular meals and healthy snacks (when you are hungry or need extra energy)

Eating foods from all of the food groups (grains, fruits, vegetables, proteins, dairy proteins, and healthy fats) each day

Balancing nutrient-rich foods with moderate amounts of other foods, such as sweets or fast foods

Eating when hungry and stopping when full

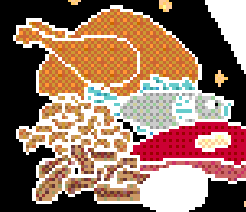
Fats, Oils, & Sweets
Use Sparingly

KEY

- ◆ Fat (naturally occurring and added)
- ▼ Sugars (added)

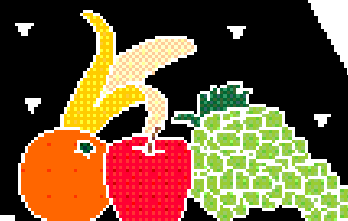
These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt,
& Cheese Group
2-3 Servings

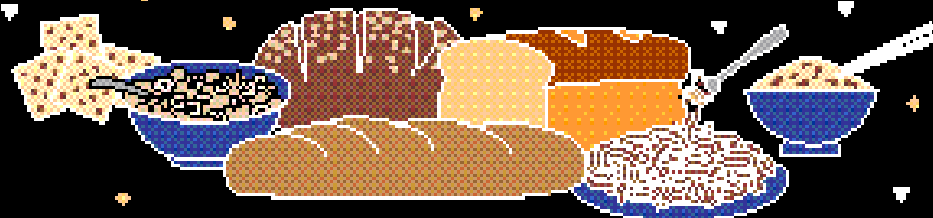


Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 Servings

Vegetable
Group
3-5 Servings



Fruit Group **2-4 Servings**



Bread, Cereal,
Rice, & Pasta
Group
6-11 Servings

SOURCE: U.S. Department of Agriculture/ U.S. Department of Health and Human Services

10 Healthy Eating Tips for the College Student

***<http://healthed.uoregon.edu/10tips.htm>

1. Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice. Most of these items can be easily stored in your dorm room.

2. If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fats like french fries, fried chicken or fish sandwiches and watch out for salad dressing.

3. Keep healthful snacks on hand so if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.

4. Eat of foods rich in calcium. People in their early twenties need to build up stores of calcium in their bodies to prevent osteoporosis in later life. If you don't like milk, try to include ample amounts of low-fat yogurt, low-fat cheese, and green leafy vegetables in your diet.

5. If you need to lose weight, do it sensibly. Starvation and/or diets that offer a quick fix usually backfire and are harmful. There is not truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off is to eat a balanced diet.

6. Sugar provides calories in your diet but few other nutrients and it contributes significantly to tooth decay. Use it sparingly and consider sweetening coffee, tea, cereal and fruit with diet sweeteners instead.

7. The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetable and fresh fruit are beneficial. But if you choose a lot of creamy dressing, bacon bits, and mayonnaise based salads, the calories and fat may equal or even exceed those of a burger and fries.

8. If you drink alcohol, keep in mind that it supplies calories but no nutritional value. A light beer, a glass of wine, or an ounce of liquor each has about 100 calories. There are also many health problems associated with drinking alcohol.

9. Drink lots of water. Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.

10. Remember, food is a lot more than nourishment for our bodies. Enjoy and savor it.

Information provided by:

The National Eating Disorders Association (NEDA) is a non-profit organization dedicated to supporting individuals and families affected by eating disorders. They campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. They work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

For more information visit: www.nationaleatingdisorders.org

Here are links to NEDA's add campaign to use as pictures:

http://www.nationaleatingdisorders.org/uploads/file/NEDA%20Final%20print%20sp_Strawberry%20lo-res.pdf

http://www.nationaleatingdisorders.org/uploads/file/NEDA%20Final%20print%20sp_Toilet%20lo-res.pdf

<http://www.nationaleatingdisorders.org/about-us/index.php>

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Everywoman's Center

visit us at: www.umass.edu/mycenter

