

Eating Disorders at a Glance

Eating disorder information can be found at <https://www.allianceforeatingdisorders.com>

Anorexia Nervosa is characterized by an obsessive fear of gaining weight.

Signs and symptoms include:

- Distorted body image
- Intense fear of gaining weight
- Fixation on weight, calories, and food
- Unhealthy food rituals
- Denial of hunger
- Weight loss

Atypical anorexia nervosa has symptoms typical of anorexia nervosa, but the individual maintains a healthy body weight. *OSFED

Signs and symptoms may include:

- Fixation on food
- Restricting food
- Fixation with weight
- Unhealthy rituals related to food

Bulimia Nervosa is defined by consuming large quantities of food and then purging. The cycles typically occur at least once per week and last longer than three months.

Signs and symptoms include:

- Bingeing and purging
- Weight fluctuation
- Secretive eating
- Misuse of diet pills, laxatives, or diuretics
- Feeling out of control when eating
- Excessive exercise habits
- Visits to the bathroom after meals
- Discoloration of teeth
- Heartburn or acid reflux

Bulimia nervosa of low frequency is similar to bulimia nervosa, but the behaviors occur less often and for less than three months. *OSFED

Signs and symptoms may include:

- Eating large amounts of food
- Extreme exercise routines

Binge Eating Disorder (BED) is recurring episodes of overeating, typically rapidly in a short amount of time and lasting for longer than three months. Bingeing often takes place when a person is not hungry and is eating past the point of being full.

Signs and symptoms include:

- Restriction of food intake
- Sense of lack of control over eating
- Self-medicating or self-soothing with food
- Secretive eating
- Eating large amounts of food
- Feeling shame or embarrassment

Binge eating disorder of low frequency is similar to binge eating disorder, however the episodes occur less than once per week and last for less than three months. *OSFED

Signs and symptoms may include:

- Ingesting large amounts of food
- Reduced feelings of feeling full
- Eating until there is body discomfort or pain

Avoidant Restrictive Food Intake Disorder (ARFID) is refusing or having a lack of interest in eating food. This may be due to food textures, smells, or other sensory characteristics. Individuals with ARFID often do not obtain sufficient nutritional or energy levels.

Signs and symptoms may include:

- Extreme pickiness
- Refusing food related experiences
- Avoiding food because of sensory issues
- Anxiety around food
- Lack of appetite
- Reduced interest in eating

Other Specified Feeding and Eating Disorders (OSFED) that may have similar symptoms of other disorders but do not meet the diagnosed criteria. These include atypical anorexia nervosa, binge eating disorder of low frequency, bulimia nervosa of low frequency, purging disorder, and night eating syndrome.

- **Atypical anorexia nervosa**
- **Binge eating disorder of low frequency**
- **Bulimia nervosa of low frequency**
- **Purging disorder** is a pattern of purging without binge eating.

Signs and symptoms include:

- Excessive exercise
 - Use of laxatives or diuretics
 - Vomiting
 - Fear of weight gain
- **Night eating syndrome** is participating in excessive eating habits after the evening meal or after waking up from sleep.

Signs and symptoms may include:

- Urges to eat at night
 - Disrupted sleep patterns
 - Waking up to eat during the night
- **Rumination Disorder** is the act of regurgitation, re-chewing, and re-swallowing or spitting out of previously eaten food

Signs and symptoms may include:

- Regurgitation soon after meals
 - Abdominal pain relieved after regurgitation
 - Nausea
 - Weight loss
- **Pica** is the urge to eat non-food items such as paper, glass, clay, paint, hair, chalk, dirt, or other nutrient-deficient non-food items.

Signs and symptoms may include:

- Seeking out nonfood items to consume

Unspecified Feeding or Eating Disorder (UFED) is utilized by doctors when a person is facing impacts from an eating disorder but does not meet the qualifications of a specific eating disorder.