

# EATING DISORDERS

*what you should know*

## What are eating disorders?

Eating disorders are serious problems about food and body image. They can make people very sick.



Types of eating disorders:

- Anorexia: Strong fear of gaining weight, eats very little, loses too much weight.
- Bulimia: Eats a lot at once (binge), then vomits, fasts or exercises too much.
- Binge Eating: Eats large amounts, feels out of control, feels bad after.
- Mixed Eating Disorders: Has some signs of eating problems but no clear diagnosis.
- Obesity: Very high weight, can cause health problems.

## How to prevent eating disorders:

- Feel good about yourself.
- Eat healthy meals.
- Have good family talks and support.

### Important:

- Food should give energy — do not eat too little!
- Build self-confidence and respect your body.



### Parents should:

- Show good eating.
- Say nice words and give hugs.
- Talk and play with children.
- Let children pick healthy food and how much to eat.
- Cook and eat with children.
- Eat less fast food.
- Do not give food as a reward.
- Keep children safe from bad internet things.



Co-funded by  
the European Union



**Aktion  
MENSCH**

"The European Commission and Aktion Mensch support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."