

Nutrition Tidbits

Signs and Symptoms of Disordered Eating (Partial List)

- Does not eat foods they used to like because they are fattening
- Has lost more than 5 pounds in a month
- Feels out of control around food
- Fear of not being able to control eating, and while eating, not being able to stop.
- Isolation. Fear of eating around and with others.
- Chronic dieting on a variety of popular diet plans.
- Holding the belief that life will be better if they can lose weight.
- Hiding food in strange places (closets, cabinets, suitcases, under the bed) to eat at a later time.
- Vague or secretive eating patterns.



Change Is In The Air!

We are very encouraged by the clients that have already contacted us this year to make positive lifestyle changes through proper nutrition. We are continually developing nutrition programs that are geared to meet the current needs that are out there. We have rolled out several new programs and packages that are designed to ensure success! Some of the new programs for 2009 we offer are:

Individuals

- Gold & Premier Weight Loss Solutions
- *It's a Family Thing!*
- Aging Gracefully
- 2009 dates for our ongoing diabetes classes

Companies/Organizations

- Competitive wellness campaigns that make people healthy as a group
- On-site biometrics
- Over 200 timely topics in nutrition and wellness for speaking events

Call us at 972.238.1811 to learn more!



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Disordered Eating – Are You At Risk?

With all the emphasis in today's culture on body image, eating disorders and disordered eating are at an all-time high. In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with compulsive eating binge eating disorder that affects over 3 percent of the population. The images, along with some of the poor nutrition advice in magazines and television, really contribute to those statistics.

Different Types of Eating Disorders

Anorexia Nervosa. Anorexia nervosa is self-imposed starvation. Anorexia nervosa is a serious, life-threatening disorder, which usually stems from underlying emotional causes. Although people with anorexia nervosa are obsessed with food, they continually deny their hunger. People with anorexia nervosa often also limit or restrict other parts of their lives besides food, including relationships, social activities, or pleasure.

Bulimia Nervosa. Bulimia nervosa is a serious eating disorder that can be fatal if left untreated. People who have bulimia nervosa routinely "binge," consuming large amounts of food in a very short period of time, and immediately "purge," ridding their bodies of the just-eaten food by self-inducing vomiting, taking enemas, or abusing laxatives or other medications.

Compulsive Eating. Compulsive overeating can affect women or men, though it appears twice as often among women. People with compulsive overeating disorder suffer from episodes of uncontrolled eating or bingeing followed by periods of guilt and depression. Compulsive overeating is marked by the consumption of large amounts of food, sometimes accompanied by a pressured, "frenzied" feeling. Compulsive overeating disorder may cause a person to continue to eat even after they become uncomfortably full.

(Continued on page 2)

(Continued from page 1)

Binge Eating Disorder. The essential features of binge eating disorder are recurrent, out-of-control episodes of consuming abnormally large amounts of food. If you suffer from this disorder, you eat whether you are hungry or not and consume food well past being uncomfortably full. Binge eaters are usually extremely distressed by their eating behavior and experience feelings of disgust and guilt both during and after bingeing.

"Normal Eating" Defined

Ellyn Satter, dietitian and one of the most well-known nutrition researchers and educators on social behaviors around food, defines normal eating. Normal eating is "going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food." Anything other than normal eating is considered disordered eating.

If you suspect someone you know has disordered eating, encourage that person to have an evaluation from a professional who specializes eating disorders. Not only can disordered eating lead to a full spectrum eating disorder, but it is also dangerous for the person's mental and physical health. Here at PNT, we have dietitians who specialize in eating disorders. They work in conjunction with the other medical disciplines to make a person well again. Contact Kathryn Fink, MS, RD, LD at kfink@foodtherapyrd.com or 972.238.1811 for more information on treating emotional and disordered eating.



PNT encourages participation in...

NEDA awareness Week 2009: February 22-28

...until eating disorders are history

More Information: <http://www.nationaleatingdisorders.org>

EMOTIONAL EATING QUIZ

Are you an emotional eater? Take the quiz and find out!

1. What time of day do you usually experience food cravings?
A. Experience no food cravings
B. 9 a.m.
C. 3 p.m.
D. 8 p.m.
2. I eat mainly because I am:
A. Hungry
B. It's that time of the day
C. I am upset
D. I am bored
3. How much time do you take to eat your meals?
A. >20 minutes
B. 10-15 minutes
C. 5-10 minutes
D. <5 minutes
4. What is your dieting history?
A. Never diet
B. Waiting for the next new diet
C. Started dieting as a teen
D. I gave up on dieting
5. I think about food and my weight what percent of the time in day?
A. 0-10%
B. 11-25%
C. 26-65%
D. >65%

For scoring, see below:

Add up the points:

- 1 for each a answer (your choice)
- 2 for each b
- 3 for each c
- 4 for each d

Total Points:

- | | |
|---------------|---|
| 0 - 7 points | While everyone has room to improve, you appear to have a healthier relationship than most people do. An individualized nutritional analysis can help improve your health. |
| 8 - 10 points | A few refresher sessions and fine tuning can assist you to improved health. |
| > 10 points | A lifestyle change program can help decrease stress and assist you in achieving more balance in life. |

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