

**Types of Eating Disorders**

**Binge Eating Disorder**

Symptoms include:

* Episodes of eating large amounts of food without behaviours of attempting to prevent weight gain such as vomiting or taking laxatives
* Feeling out of control during binge eating episodes
* Feeling shame or guilt because of the binge eating
* Eating when not hungry, eating alone due to being embarrassed about the behaviour or eating to the point of being uncomfortable and overly full.

**Emotional Overeating**

Symptoms include:

* Eating large amounts of food in response to negative emotions
* Used as a coping mechanism for dealing with emotions
* Low self-esteem and negative body image

**Eating Disorder Not Otherwise specified**

Eating Disorder Not Otherwise specified is an eating disorder that causes significant distress or impairment, but does not meet the criteria for another feeding or eating disorder.

Examples include:

* Atypical anorexia nervosa (weight is not below normal)
* Bulimia nervosa (with less frequent behaviors)
* Binge-eating disorder (with less frequent occurrences)
* Purging disorder (purging without binge eating)
* Night eating syndrome (excessive nighttime food consumption)



'be the best you can be’

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