



A GUIDE FOR PARENTS & YOUTH

DISORDERED EATING

What is Disordered Eating?

Disordered eating describes a set of behaviours, thoughts, and emotions around food and body image. While disordered eating doesn't fit the standard definitions of eating disorders, like anorexia or bulimia, it isn't typical of healthy eating habits, either.

Did you know?

ALMOST 10% OF THE POPULATION IS THOUGHT TO BE LIVING WITH AN EATING DISORDER.

Forms of Disordered Eating may include:

- **Fasting** (not eating for long periods)
- **Restrictive dieting** (severely limiting how much you eat)
- **Purging** (through vomiting or abusing laxatives)
- **Over-exercising**
- **Abusing steroid drugs**
- **“Yo-Yo” dieting** (repeated cycles of extreme dieting, followed by weight gain)

Young people may have symptoms of disordered eating only once in a while. Sometimes these symptoms are triggered by stressful events in a young person's life. He or she may use disordered eating to cope with strong feelings.

If these behaviours continue for long periods of time, they may start to interfere with everyday life. They can lead to developing an eating disorder like anorexia or bulimia.