

# What Are Common Types of Eating Disorders?



Eating disorders are serious illnesses marked by severe disturbances to one's eating behaviors. Common types of eating disorders include:

## **Anorexia nervosa**

People with anorexia nervosa severely avoid or restrict food intake due to a distorted self-image or an intense fear of gaining weight.

## **Bulimia nervosa**

People with bulimia nervosa regularly binge eat and then engage in unhealthy behaviors to prevent weight gain, such as forced vomiting or the use of laxatives.

## **Binge-eating disorder**

People with binge-eating disorder regularly lose control of their eating and eat unusually large amounts of food.

## **Avoidant restrictive food intake disorder (ARFID)**

People with ARFID limit the amount and variety of food they eat due to their anxiety or fear of the consequences of eating or dislike of a food's characteristics.

People with these types of symptoms may have an eating disorder and should talk to a health care provider. Help is available.



# Understanding Eating Disorders

**Annelies Wilder-Smith**



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