

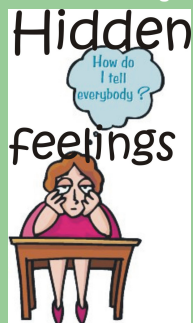
An Eating Disorder is About
Feelings not
About Food

People of all ages are at risks from eating disorders which present an array of disordered eating patterns, but all stem from underlying emotional turmoil and low self esteem.



Many factors can trigger binges:

- Feeling depressed
- Emotions (tension, loneliness, boredom, irritability, anger)
- Premenstrual tension
- Dieting and the associated hunger

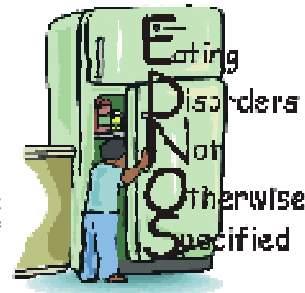


Don't suffer in isolation we are there to support you!

Binge Eating Disorder is recurring episodes of binge eating but with the **absence** of inappropriate compensatory behaviours characteristic of bulimia nervosa (i.e. vomiting **OR** laxative abuse)

You will see from this definition that **Binge Eating Disorder** is a sub-set of **Eating Disorders Not Otherwise Specified**.

Whilst many will have heard of **Binge Eating Disorder**, not many will have heard of **E.D.N.O.S.**



SUPPORT:

S.E.E.D Eating Disorders Support Services

Email: info@seedatingdisorders.co.uk

Help line: 01482 718130

Website: www.seedeatingdisorders.co.uk

beat (beating eating disorders)

Website:

www.b-eat.co.uk

Overeaters Anonymous (07000) 784985

Website: www.oagb.org.uk

Depression Alliance

Tel No: 020 7721 7411



If you need more support regarding nutrition why not ring Emma on a Monday evening 6.30pm to 7.30 pm on

(01482) 574892

or e mail her on

nutrition@seedeatingdisorders.co.uk

EATING DISORDERS

Binge Eating and Nutrition



by

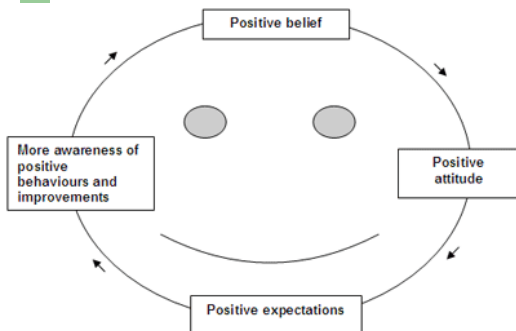
S.E.E.D

Eating Disorder Support Services

In partnership with
Emma Drayson



Nutritional advice and information



The ability to resist a binge and to avoid eating in between planned meals/snacks is important. To avoid this you could construct a range of alternative activities, such as taking a shower, visiting friends or relatives, going for a walk, swimming.

To deal with a binge 3 things need to occur:

1. Time must pass—urges to binge fade with time
2. Make it difficult for yourself to binge
3. Do something that you enjoy

Practice CONTROLLING your eating

- Put utensils down between mouthfuls
- Insert a few pauses in your meals
- Practice leaving some food on the plate
- Discard leftovers

The Goals of Nutritional Therapy.....

for individuals suffering from binge eating disorder are:-

- Plan meal times
- Re-establish a regular eating pattern
- Do not skip meals

BREAKING THE CYCLE

- Take each day at a time and make **targets** small and achievable thus not setting yourself up to fail.
- It may help to **plan** your meals and **structure** your eating plan in advance
- **Establish a pattern of regular eating** - which involves restricting your meals to 3 planned meals a day , plus 2/3 planned snacks
- A **regular** eating pattern **displaces** binges, with the **result** that the frequency of **binges decrease**
- Leave **no more than 3-4 hours between** planned meals/snacks
- **Do not skip meals/snacks**, as skipping a scheduled meal/snack will make you vulnerable to binges
- Consume **pre-planned** food amounts
- If binges occur, **resist temptation** to avoid your next planned meal/snack, this will only increase problems
- **Concentrate** when eating, being aware of what you are doing will help ensure that meals/snacks do not turn into binges
- When cooking **avoid tasting**, as this can trigger a binge
- **Plan** food shopping, or shop with a friend/relative, and limit the amount of money you carry



Food Values and Nutrients.....

Binges usually involve foods that are high in fat and sugar, and provide a quick fix of feel good energy, however this is not sustainable and will produce a rapid decrease in mood. This is due to sugars being quickly absorbed into the bloodstream, producing a rise in blood sugar levels, this effect is **not** long lasting and can cause dizziness, feelings of hunger and weakness.

Depression can also play a role in binge eating. This is because food can effect your mood. There is a link between **vitamin** and **mineral** deficiencies, causing individuals to feel low and depressed. Therefore, eating foods high in vitamins and minerals such as fruit (bananas, apples, oranges) and vegetables (spinach, carrots, lentils), will improve mood.

A **balanced diet** should consist of starchy **carbohydrates**, which produces longer-lasting energy, as the energy is released slowly into the bloodstream, and it takes longer to breakdown and reach the stomach. Good sources include **oats, beans, breakfast cereals, potatoes**.

Protein is essential for growth and repair, and supplies iron, B vitamins, zinc and magnesium which help to strengthen the immune system. High protein sources include **meat, fish, poultry, milk, beans, pulses and eggs**.

High Fibre Foods help regulate bowel movements, aids control of fluid retention and prevents constipation. Good sources to be consumed include **cereals, oats, whole-grains, lentils, fruit and vegetables**.

To help avoid the sense of feeling bloated and full, you should consume **easily digestible** foods such as **mashed potato, oatmeal, and macaroni & cheese**.