



Fad Diets and Eating Disorders

Chapter 6 Lesson 2

Fad Diets

- **Weight-loss plans that are popular for only a short time**
- These diets are often hard to stick to because they limit food variety
- They also deprive the body of nutrients



○ **Liquid Diets**

- A person on a liquid diet replaces all of his or her food intake with a special liquid formula. Many do not provide the body with fiber and added nutrients

○ **Fasting**

- To fast is to abstain from eating. Fasting for more than short periods deprives your body of needed nutrients and energy
- Some religions/cultural rituals involve brief periods of fasting

○ **Diet Pills**

- Many diet pills work by suppressing appetite and may cause drowsiness, anxiety, a racing heart or other serious side effects.
- They can be addictive and cause dehydration

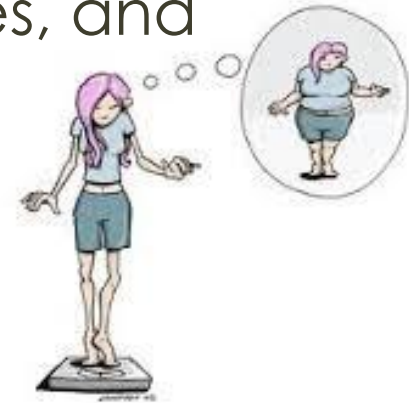
Weight Cycling

- The repeated pattern of loss and regain of body weight



The Risks of Eating Disorders

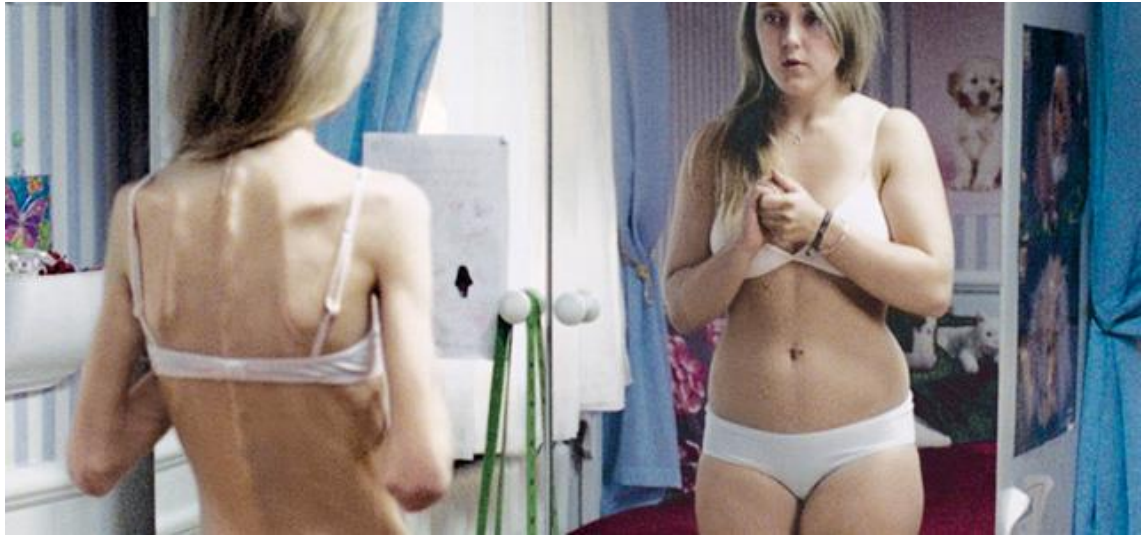
- **An eating disorder is an extreme, harmful eating behavior that can cause serious illness or even death**
- They can be brought on by mental or emotional factors such as poor body image, social and family pressures, and perfectionism.



Anorexia Nervosa

- **Anorexia nervosa is a disorder in which the irrational fear of becoming obese results in severe weight loss from self-imposed starvation**
- Symptoms include extremely low calorie intake, an obsession with exercising, emotional problems, denial of an eating problem and a distorted body image
- Health consequences include slowed metabolism, low body temperature, loss of bone density
- May develop serious problems, including an irregular heartbeat that can lead to cardiac arrest and sudden death





Bulimia Nervosa

- **A disorder in which some form of purging or clearing of the digestive tract follows cycles of overeating**
- A person with bulimia often fasts or follows a strict diet and then binges, after they may vomit or take laxatives to purge the food from the body
- Health consequences include dehydration, kidney damage, irregular heartbeat, destroys tooth enamel, damages tissues of the stomach, esophagus, mouth, and causes tooth decay

Binge Eating Disorder

- **A disorder categorized by compulsive overeating**
- This disorder may signal the use of food as a coping mechanism for strong emotions or depression



Help for Eating Disorders



- People who suffer from eating disorders can benefit from support groups and clinics
- If you believe a friend might be developing an eating disorder, you may want to discuss the problem with a trusted adult such as a parent, a counselor, or a school nurse
- You can also help by encouraging your friend to seek professional help and by being supportive