

DIETING VS. DISORDERED: WHEN WATCHING WHAT YOU EAT GOES TOO FAR

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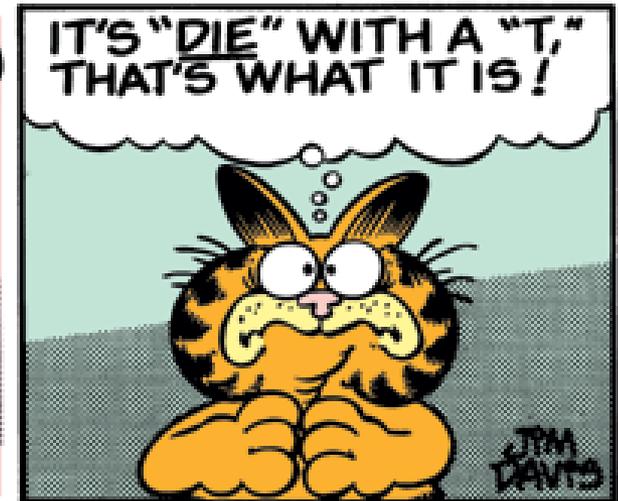
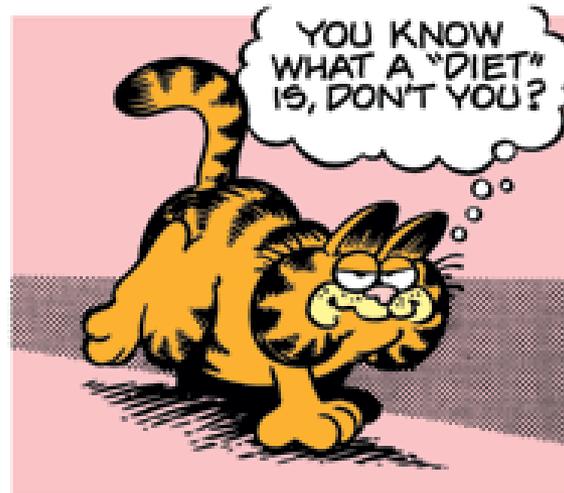
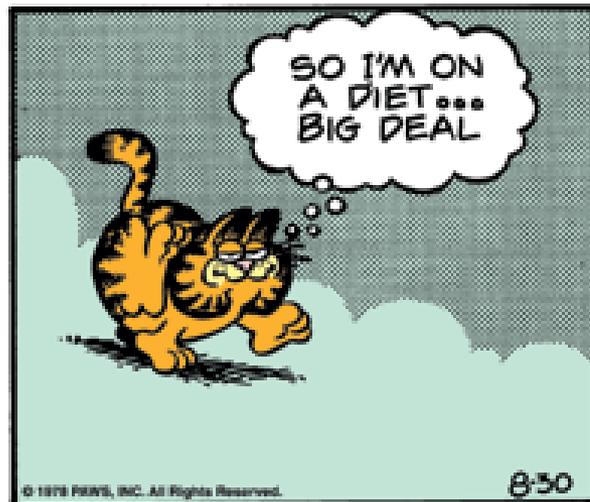
Hello! Thank you for being here today.

Why are we talking about this?

Objectives

- Discuss why we diet and the different reasons for dieting
- Identify the different types of diets
- Know the warning signs and potential consequences of disordered eating
- Identify how to intervene and when to ask for help
- Discuss what a healthful approach to food, diet, and exercise *really* looks like

What is a Diet?



What is a Diet?

di-et

noun

1. the kinds of food that a person, animal, or community habitually eats.
2. a special course of food to which one restricts oneself, either to lose weight or for medical reasons.

verb

1. restrict oneself to small amounts or special kinds of food in order to lose weight.

Why diet?

- Weight loss
- Health benefits
- Improve athletic performance
- Medical necessity
- Religion
- Personal choice or preference
- Ethics or environmental reasons
- Perceived benefits
- Camaraderie

Generally speaking: to improve quality of life.

Types of Diets*

- Calorie restriction/portion control
- Restriction of specific food groups
- Restriction of certain types of foods
- Limited to only select food items
- Meal substitutions
- Restriction of a macronutrient
- Following a prescribed style of eating or set of rules
- Medically prescribed diets

*not all diets are created equally! And not all of them are good.

Dieting is everywhere!

- 75% of American women surveyed endorse unhealthy thoughts, feelings or behaviors related to food or their bodies
- 91% of women recently surveyed on a college campus had attempted to control their weight through dieting, 22% dieted “often” or “always”
- Almost half of American children between 1st – 3rd grade want to be thinner and half of 9 - 10 year old girls are dieting
- 35% of “occasional dieters” progress into pathological dieting, (disordered eating) and as many as 25%, advance to full-blown eating disorders

Source: www.montenido.com/pdf/montenido_statistics.pdf

When dieting goes too far

- At least 10 million women and 1 million men are fighting a life and death battle with an eating disorder and a million more are struggling with binge eating disorder
- 40% of newly identified cases of anorexia are in girls 15 - 19 years old
- Anorexia is the most lethal psychiatric disorder, carrying a sixfold increased risk of death -- four times the death risk from major depression
- For females between 15 – 24 who suffer from anorexia, the mortality rate associated with the illness is twelve times higher than the death rate of ALL other causes of death

Source: www.montenido.com/pdf/montenido_statistics.pdf

Eating disorders vs. Disordered Eating

Eating Disorder

- Diagnosable Illness
- Meets specific criteria
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Other Specified Feeding & Eating Disorder
- Can be life-threatening

Disordered Eating

- A description, not a diagnosis
- Can be a wide range of eating behaviors
- May be on the way to developing a diagnosable eating disorder
- Not without risk

Signs of Disordered Eating

- Chronic yo-yo dieting
- Frequent weight fluctuations
- Over or under eating (or both)
- Ignoring or intentionally prolonging hunger
- Secrecy around eating or exercise behavior
- Compulsive or emotional eating
- Avoiding entire categories of food
- Skipping meals
- Use of exercise, food restriction, fasting, purging, or laxatives to “make up for” eating

Signs of Disordered Eating

- Very rigid with food & exercise
- Feelings of guilt & shame when unable to stick to diet and/or exercise plan
- Seeing food as “good” or “bad”
- Thinking about food more than usual
- Basing good or bad days on how well the diet is going
- Loss of self-esteem when diet isn't going as expected
- Avoiding social occasions when food is involved
- Preoccupation with food, body, and exercise that hurts quality of life

Physical Risks

- Dehydration
- Fatigue
- Nutrient deficiencies
- Gastrointestinal problems
- Loss of muscle
- Heart problems
- Greater risk of obesity
- Bone loss

Emotional & Mental Health Risks

- Damaged relationship with food
- Poor body image
- Fear of eating or certain foods
- Social isolation
- Overall poor quality of life
- May progress to eating disorder
- Anxiety and depression

What to do if you are concerned

- Talk about it.
- Can you stop the diet?
- Seek help.
 - Registered Dietitian
 - Mental health professional
 - Physician
- Sometimes more help is needed. A doctor, dietitian, or therapist can help make that determination. Ideally, this will be someone who specializes in disordered eating.

A more healthful approach to diet

If your goal is improved health and improved quality of life, whatever diet you follow should support that!

Food is fuel.

Your life does not and should not have to revolve around your diet or the way you eat.

When dieting, be mindful of your goals!

Warning signs

- Focused on numbers
- Unrealistic expectations
- Comparing, especially to actors and models
- Concerned mostly about appearance

Focus on health

- Energy
- Functioning
- Physical health
- Enjoyable physical activity
- Concerned mostly about health and well-being

When choosing a diet

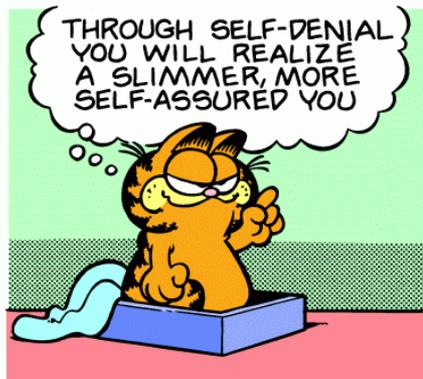
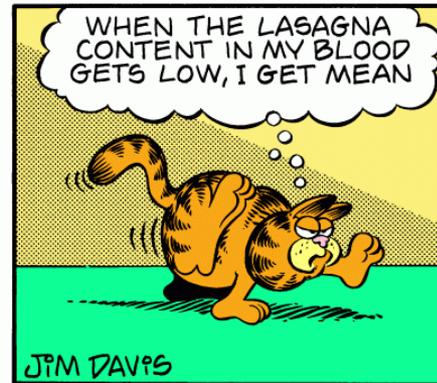
Look for:

- Variety
- Flexibility
- Honors food preferences
- Allows for enjoyment
- Does not leave you starving or feeling deprived
- Works for real life
- Can be followed safely over the long-term
- Promotes skill-building and decision-making

Avoid:

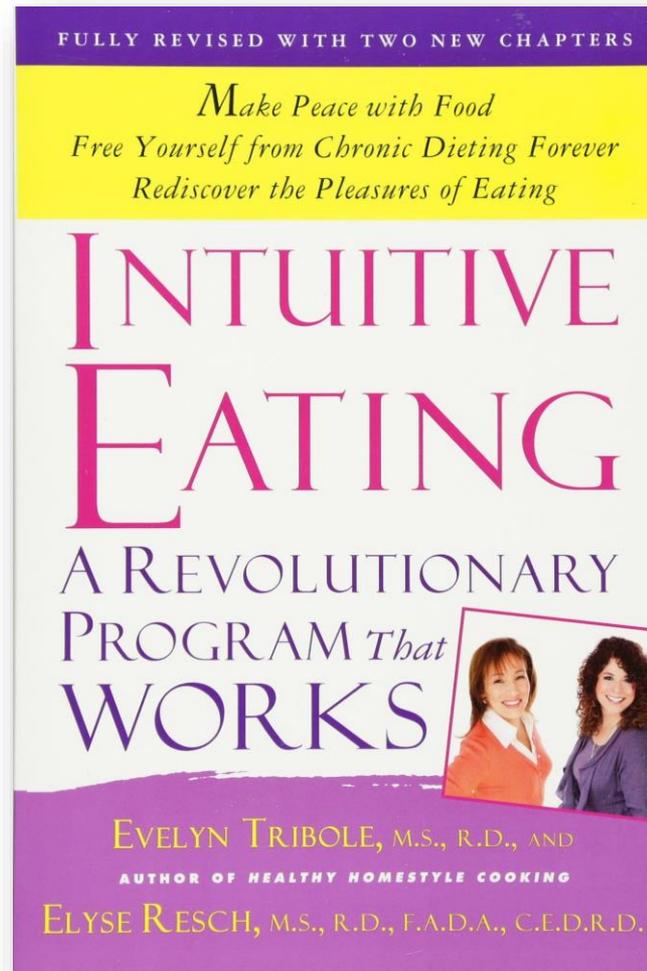
- Requires strict adherence-no room for error
- Does not allow “normal” foods
- Removes entire food groups or categories
- Promises unrealistic or “magical” results
- Promises to solve a wide variety of health problems
- Promotes dependence

When choosing a diet



(not this)

My favorite way of eating



www.intuitiveeating.org

Principles of Intuitive Eating

1. Reject the diet mentality.
2. Honor your hunger.
3. Make peace with food.
4. Challenge the Food Police.
5. Respect your fullness.
6. Discover the Satisfaction Factor.
7. Honor your feelings without using food.
8. Respect your body.
9. Exercise- feel the difference.
10. Honor your health.

Bottom line:

Food should provide nourishment, energy, shared experience, and enjoyment. *That* is healthy eating!

Thank you for being here!

Questions?