

# THE EATING AND BODY ATTITUDE SPECTRUM

## HEALTHY BEHAVIOUR

### NORMAL EATING

- Responding to hunger and fullness cues
- No 'good' or 'bad' foods

### POSITIVE BODY ESTEEM

- Mostly positive feelings about body shape/size
- Movement for health and pleasure

## UNHEALTHY BEHAVIOUR

### DIETING

Restricting amount and type of food consumed for a period of time

### INCREASED BODY DISSATISFACTION

- Unhappy with shape and size
- Consistently feel the need to lose weight
- Frequent thinking about food, eating and body
- Sometimes feel guilty/bad about foods eaten and feel the need to exercise or restrict to compensate
- Occasional binge eating

## DISORDERED EATING

### FREQUENT UNHEALTHY EATING BEHAVIOURS

- Frequent food restriction, use of unhealthy weight loss behaviours and binge eating

### HIGH LEVEL OF BODY DISSATISFACTION

- Distress about body shape/size and eating which interferes with daily activities
- Rigidity with eating patterns/food choices

- Cutting out meals and food groups
- Compensating by vomiting, fasting, extreme exercising with significant weight loss
- Moralising foods
- Fixation on clean eating

### SUB CLINICAL EATING DISORDER

- Severe body dissatisfaction and some symptoms of an eating disorder but not all

## MENTAL ILLNESS/DIAGNOSES

### CLINICAL EATING DISORDER

Anorexia Nervosa, Bulimia Nervosa, Other Specified Feeding & Eating Disorder (OSFED), Binge Eating Disorder

Across all stages people will present in a variety of shapes and sizes.

