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

MENTAL ILLNESS/DIAGNOSES

CLINICAL EATING DISORDER
- Anorexia Nervosa
- Bulimia Nervosa
- Other Specified Feeding & Eating Disorder (OSFED)
- Binge Eating Disorder

SUB CLINICAL EATING DISORDER
- Severe body dissatisfaction and some symptoms of an eating disorder but not all

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