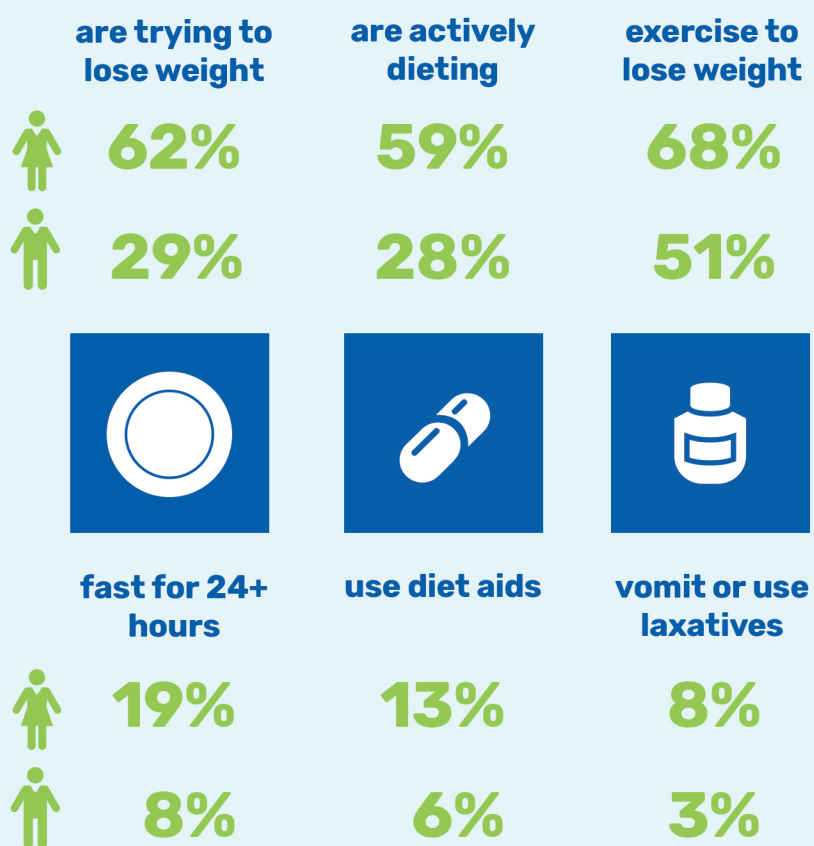


# EATING DISORDERS, DIETING & "CLEAN EATING"

"Clean eating" has exploded in popularity; these days, it's tough to find a cooking magazine or wellness blog that doesn't mention the trend somewhere in its pages. Eating tasty and nutritious food is important, but the emphasis on cutting out "bad" foods raises one big question: is clean eating just dieting by another name? When "clean eating" becomes a socially accepted form of food restriction, it might be time to reconsider just how healthy it is.

## DIETING & DISORDERED EATING COMMON WITH TEENS<sup>2</sup>



## TEENS & UNHEALTHY WEIGHT CONTROL

Over **1/2 of teenage girls** and **1/3 of teenage boys** use **unhealthy weight control behaviors** such as:<sup>3</sup>



skipping meals



smoking cigarettes



fasting



vomiting/taking laxatives

In a large study of 14- and 15-year-olds, **dieting was the most important predictor of a developing eating disorder** compared to those who do not diet,

**THOSE WHO DIETED MODERATELY** were

**5X**

more likely to develop an eating disorder.<sup>1</sup>

**THOSE WHO RESTRICTED EXTREMELY** were

**18X**

more likely to develop an eating disorder.<sup>1</sup>

## YOUNG GIRLS ARE VULNERABLE

REGARDLESS OF THEIR WEIGHT, **OVER 1/3 REPORT DIETING.**<sup>6</sup>

## DIETS DON'T WORK

Americans spend over \$60 billion on dieting and diet products each year.<sup>11</sup>



**95% OF ALL DIETERS**

WILL REGAIN THEIR LOST WEIGHT IN FIVE YEARS.<sup>7,8</sup>

And, multiple studies have found that **dieting was associated with greater weight gain and increased rates of binge eating** in both boys and girls.

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