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

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>are trying to lose weight</td>
<td>62%</td>
<td>29%</td>
</tr>
<tr>
<td>are actively dieting</td>
<td>59%</td>
<td>28%</td>
</tr>
<tr>
<td>exercise to lose weight</td>
<td>68%</td>
<td>51%</td>
</tr>
<tr>
<td>fast for 24+ hours</td>
<td>19%</td>
<td>8%</td>
</tr>
<tr>
<td>use diet aids</td>
<td>13%</td>
<td>6%</td>
</tr>
<tr>
<td>vomit or use laxatives</td>
<td>8%</td>
<td>3%</td>
</tr>
</tbody>
</table>

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.
- **THOSE WHO RESTRICTED EXTREMELY** were 18X more likely to develop an eating disorder.

### YOUNG GIRLS ARE VULNERABLE

Regardless of their weight, over 1/3 report dieting.

### TEENS & UNHEALTHY WEIGHT CONTROL

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

- skipping meals
- smoking cigarettes
- fasting
- vomiting/taking laxatives

### DIETS DON’T WORK

Americans spend over $60 billion on dieting and diet products each year.

95% of all dieters will regain their lost weight in five years.

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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