

# When Does Dieting Become Unhealthy?

There is a fine line between dieting and disordered eating. Dieting behavior can lead to an eating disorder. Up to a quarter of those with unhealthy dieting habits develop eating disorders (NEDA). About one in five boys and one in three girls experience disordered eating across the world (JAMA).

Here are early warning signs:

- Counting calories
- Avoiding food groups
- Using laxatives regularly
- Binge eating in secret
- Fasting for long periods
- Exercising too much
- Vomiting purposely after meals

Disordered eating alone is not considered an eating disorder. But people with certain dieting habits may develop one over time. Disordered eating can also cause health issues.

Therapy, medication and lifestyle changes can help. Choose a therapist skilled in eating disorders to get started. Understand these signs to protect your loved ones and keep up good habits.

## #PracticeNourishment #FeedingHope

If you or someone you know is struggling with food and body image concerns, it's important to seek professional help. You can find additional resources through the National Eating Disorders Association (NEDA) or call the National Association of Anorexia Nervosa & Associated Disorders (ANAD) Helpline at 888-375-7767.



Up to a quarter of those with unhealthy dieting habits develop eating disorders.

National Eating Disorders Association (NEDA)

LCT00251-20251203