

Nutrition & Wellness for Life © 2012
Chapter 14: Eating Disorders—Glossary

anorexia nervosa. An eating disorder characterized by the person refusing to maintain a minimal normal body weight and an intense fear of weight gain that leads to self-starvation.

antidepressant. A drug that alters the nervous system and relieves depression.

binge-eating disorder. An eating disorder that involves repeatedly eating very large amounts of food without a follow-up behavior to prevent weight gain.

bingeing. Uncontrollable eating of huge amounts of food in a relatively short period of time.

bulimia nervosa. An eating disorder that involves uncontrollable eating of huge amounts of food followed by an inappropriate behavior to prevent weight gain.

eating disorder. An abnormal eating pattern that focuses on body weight and food issues, which can have life threatening consequences.

female athlete triad. A set of three related medical problems—disordered eating, amenorrhea, and osteoporosis—common among female athletes.

outpatient treatment. Medical care that does not require a hospital stay.

purging. Clearing food from the digestive system.