

Adventures in Food and Nutrition! © 2012
Chapter 4: Weighing Your Choices—Glossary

anorexia nervosa. An eating disorder that causes people to starve themselves.

binge eating. An eating disorder that involves the rapid eating (or chewing and spitting out) of thousands of calories in a short time.

bulimia nervosa. An eating disorder that causes people to binge and purge themselves.

calorie balance. Eating the same number of calories as you burn.

fad diet. A quick weight loss diet that doesn't usually work and can be harmful to health.

healthy weight. The weight that is right for a person's age and height.

obese. Having an excessive amount of body fat.

purge. To rid the body of food by vomiting or abusing laxatives.

underweight. A body weight that is much lower than a healthy weight.

vital functions. Body processes that keep you alive.

weight control. Keeping your body at a healthy weight.