

**Adventures in Food and Nutrition! © 2016**  
**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.