

Eating disorders can affect anyone. They are mental health conditions — not choices — and can show up in many different ways. Below is a simple overview of the most common types.

1

ANOREXIA NERVOSA

"Not eating enough + fear of weight gain"

- › Strong fear of gaining weight
- › Restricting food or skipping meals
- › Rigid food rules or "safe foods only"
- › May feel cold, tired, dizzy, or have low energy
- › Often involves a distorted body image

2

ATYPICAL ANOREXIA NERVOSA

"All the symptoms of anorexia — without being underweight"

- › Severe restriction of food intake
- › Intense fear of weight gain
- › Distorted body image or strong body dissatisfaction
- › May experience physical and emotional effects of starvation
- › Weight is within or above what is considered a "typical" range



Important

Even without visible weight loss, the medical and psychological risks can be just as serious as anorexia nervosa.

3

BULIMIA NERVOSA

"Binge + compensate cycle"

- › Episodes of eating large amounts of food quickly
- › Feeling out of control while eating
- › Followed by compensating (vomiting, exercise, fasting, laxatives)
- › Often hidden due to shame or secrecy
- › Weight may appear "typical," so it can be harder to notice

4

BINGE EATING DISORDER (BED)

"Binge eating without compensation"

- › Eating large amounts of food in one sitting
- › Feeling unable to stop during episodes
- › Eating past fullness or discomfort
- › Feelings of guilt, shame, or distress afterward
- › Can affect people of all body sizes

5 ARFID

"Avoiding or restricting food – not about body image"

- › Very limited range of accepted foods
- › Strong sensitivities to taste, texture, smell, or appearance
- › Fear of choking, vomiting, or feeling unwell
- › Difficulty meeting nutrition needs
- › Often begins in childhood; can continue into adulthood

6 OSFED

"Significant symptoms, not one clear category"

- › Eating disorder behaviours that don't fit one label perfectly
- › Can include restriction, bingeing, or compensatory behaviours
- › Still serious and can impact health and wellbeing
- › Very common diagnosis

7

ORTHOOREXIA NERVOSA

"An unhealthy fixation on 'clean' or 'pure' eating"

- › Obsessive focus on eating foods seen as "healthy," "clean," or "pure"
- › Increasingly strict food rules over time
- › Anxiety or guilt when eating "off-plan" foods
- › Cutting out entire food groups without medical reason
- › Social withdrawal or distress around eating situations

** Orthorexia is not currently an official DSM-5 diagnosis, but is widely recognized by clinicians as a form of disordered eating that can cause significant distress.*

8

DISORDERED EATING

"Struggles with food that don't meet diagnostic criteria"

- › Dieting, skipping meals, or rigid eating rules
- › Guilt or anxiety around food
- › Emotional eating or loss of control at times
- › Can still affect mental and physical health

IMPORTANT REMINDER

You don't need a diagnosis for your experience to be valid.

If food, eating, or body image is causing distress, support can help.