# REVV EATING BEHAVIOR SPECTRUM

Get REVVed: you can get better

Eating	The	Disordered	Stress & Mindless
Disorder	Overlap	Eating	Eating
Anorexia	Restriction	Chronic	Grazing
Nervosa		No-No	
	Fasting	dieting	Distractions
Bulimia			
Nervosa	Bingeing	Orthorexia -	Little memory of
		fixation on	eating
Binge-	Purging	"healthy"	
eating		eating	Speedy eating
disorder	Laxative use		
(BED)		Persistent	Absence of
	Eating in	body	awareness
Other	secret	dissatisfaction	
specified			Disconnection to
feeding or	Compulsive	Weight	hunger & fullness
eating disorder	exercise	cycling	cues
(OSFED)	Skipping	Eating to	Eating out of
18 18	meals	cope	habit/automatic

Mindful Eating

Competent Eating (ecSatter)

Intuitive Eating (non-diet approach)

Positive relationship with food, body and exercise

Individualized, flexible eating

Biological needs are being met

# Food For Thought A New Look At Food And Behavior A Spectrum

**A Loxley** 

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