

## Binge eating: More common than suspected

Binge eating disorder is defined as consuming a large amount of food in a short period of time and feeling out of control. New research shows binge eating disorder may be more common than previously thought.

A study published in a recent issue of the journal *Eating Behavior* found that, compared to women who were just trying to lose weight, women with binge eating disorder had higher body mass indexes, became overweight at an earlier age, were more likely to suffer from depression and reported trying unhealthy methods of controlling weight.

Breaking the binge eating cycle isn't easy, and it takes time and patience. If you're struggling with binge eating, contact a dietetics professional who has experience with eating disorders and can work with you to develop an eating plan that is safe and works for you.