

MYTHS VS FACTS

REMINDER: NO ONE CAN POSSIBLY KNOW EVERYTHING. IT IS POSSIBLE TO MAINTAIN CURIOSITY AND PRACTICE EMPATHY.

MYTH #1:

SOMEONE WITH AN EATING DISORDER AUTOMATICALLY INDICATES THEY DO NOT LIKE THEIR BODY'S APPEARANCE.

While some eating disorder diagnoses have a body image disturbance component, there are many disorders that do not have the intense critical evaluation of their body in the criteria.

These include binge eating disorder (the most commonly diagnosed eating disorder), avoidant and restrictive food intake disorder (ARFID), night eating syndrome, and others. Eating disorders are about so much more than food or its potential effects on the body.



This is a reminder that until all bodies can feel safe to gain weight in a society that is rampant with anti-fat bias, many of those with or without disordered eating may generally fear weight gain. We recommend limiting food and body talk, to practice neutrally talking about food /bodies, and when possible, use positive, body-affirming language.

MYTH #2:

"ONCE A PERSON IS EATING ENOUGH FOOD, THEY'VE GOTTEN PAST MOST OF THEIR EATING DISORDER."

Eating enough food is more than likely a long term goal dietitians may create with a client in treatment. However, once enough food is achieved, the work of increasing acceptable foods, novel foods, and flexibility with foods comes into play. Many clients are working on co-occurring mental health challenges that can negatively impact their eating disorder while still eating enough to support their body.



We suggest to maintain, if not increase, the support you've shown to a loved one when they struggled to eat enough to when they begin to eat enough consistently. Clients often note their eating disorder thoughts increase when eating enough before they see a decrease.

MYTH #3:

"JUST BECAUSE MY LOVED ONE HAS AN EATING DISORDER DOES NOT MEAN I NEED TO CHANGE WHAT I DO WITH FOOD."

Everyone has the birthright of body autonomy. Through different lived experiences, that body autonomy can feel threatened as we age. While striving for recovery, your loved one is trying to regain their autonomy to experience true food freedom (and potentially body liberation). Although many people recover from their eating disorder with limited support, we have noticed that those who have more support outside their treatment team tend to move through challenges with more ease and compassion and learn from lapses more readily.



Parents who take on an All Foods Fit and intuitive eating approach with their own food tend to build stronger connections with their children and feel more equipped to help reinforce boundaries around food, diet, and body chatter.

