

IT'S NOT ABOUT THE FOOD

Do you know the difference between
normal eating and an eating concern?

Office of Health Education and Promotion
Health Services
(603) 862-3823 | www.unh.edu/health-services

DO YOU

OR SOMEONE YOU KNOW...

- Step on a scale everyday?
- Wonder what normal eating is?
- Count calories, carbs and fat grams at EVERY meal?
- Exercise because I HAVE to, not because I WANT to?
- Ignore hunger?
- Feel isolated because of eating habits?
- Spend too much time in the bathroom?

WHAT IS NORMAL EATING?

Normal Eating Is...

- ❑ being able to eat when you are hungry and continue eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it- not just stop eating because you think you should.
- ❑ being able to use some moderate constraint in your food selection to get the right food, but not being so restrictive that you miss out on pleasurable foods.
- ❑ giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- ❑ three meals a day, most of the time, but it can also be choosing to munch along. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful when they are fresh.
- ❑ overeating at times - feeling stuffed and uncomfortable. It is also undereating at times and wishing you had more.
- ❑ trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention but keeps it's place as only one important area of your life.

In short, *normal eating* is flexible. It varies in response to your emotions, your schedule, your hunger, and your proximity to food.

SOURCE: ELLYN SATTER, RD, ACSW, [HOW TO GET YOUR KID TO EAT...BUT NOT TOO MUCH](#)

If you are concerned about a friend...

- *Speak to the person privately*
- *Don't be judgmental*
- *Be specific about your concerns and observations*
- *Let them know that you care about them*
- *Speak calmly*
- *Allow your friend time to speak*
- *Listen carefully*

If you are concerned about yourself...

- *Find resources on campus*
- *Speak to a trusted friend*

If you are concerned about a friend...

DO...

- Speak to the person privately and allow time to talk.
- Tell the person you are very concerned about her/him.
- Calmly tell the person some specific observations that have aroused your concerns.
- Allow the person time to respond: listen carefully and non-judgmentally.
- Keep the focus on symptoms/behaviors (eg. withdrawing from others).
- If the information you receive suggests an eating concern, share with the person that:
 - you think he/she might be struggling with eating (or body image or weight management...);
 - you are concerned that their behavior may need to be evaluated by someone who understands eating concerns.
- Be familiar with some of the resources in your community to which the person can be referred.
- Seek information and advice for yourself.
- Focus positive/encouraging comments towards who they are as a person not towards their appearance.
- Emphasize positive personality traits and let them know what their strengths are.
- Let them know you care about them no matter what.

If you are concerned about a friend...

DON'T

- Confront the person with a group of people, all of whom are firing concerns and accusations at the person.
- Threaten or challenge the person.
- Be judgmental. (ie. Don't tell the person what they're doing is "sick", "crazy", or "stupid.")
- Reinforce or focus on your friend's appearance.
- Diagnose.
- Get into an argument or a battle of wills: Calmly repeat your specific observations, your concern, and your strong belief that they need to have the situation evaluated. End the conversation if it is going nowhere or if either of you becomes too upset.
- Try to keep track of what the person is eating or try to force the person to eat or not eat.
- Let the person monopolize your time or energy.
- Alienate the person by ending the conversation on a negative note.

Where to find help with an eating concern at UNH...

Health Services

(603) 862-2856 / www.unh.edu/health-services

Provides evaluation, diagnosis and medical care for individuals with eating concerns, including physical examinations, laboratory studies, medication treatment, and ongoing monitoring.

Office of Health Education and Promotion, Health Services

(603) 862-3823 / www.unh.edu/health-services/OHEP

Provides individual appointments with Nutrition Counselor to explore strategies for moving toward healthier eating behaviors and offers support and information if you are concerned about a friend or family member who may have an eating concern. Resource Library with a section on body image, eating concerns and nutrition, all materials are available for checkout by students.

Counseling Center

(603) 862-2090 / www.unhcc.edu

Offers confidential short-term counseling for students dealing with eating concerns. These services may include assessment and individual and group counseling.

Where to find help with an eating concern at UNH...

Dining Services

(603) 862-2583 | www.unh.edu/dining

Students with specific nutrition concerns or medically-restricted diets may meet a Dining Services staff member to review options for dining hall accommodations. Assistance is provided with food selection, menu management, recipe ingredients and product questions.

Athletic Training Department

(603) 862-3892

Provides support and referral for any intercollegiate athlete with wellness concerns.

Campus Recreation

(603) 862-2031 | www.campusrec.unh.edu

Staff educates individuals on safe, effective and appropriate exercise programs. Staff strives to answer all questions and refer individuals to appropriate organizations when more assistance is needed.

Web Sites on Eating Concerns

National Eating Disorders Association (NEDA)

www.nationaleatingdisorders.org

Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Anorexia Nervosa and Related Eating Disorders Inc.

www.anred.com

Provides information about anorexia nervosa, bulimia nervosa, binge eating disorder, and other less well-known food and weight disorders.

BodyPositive

www.bodypositive.com

BodyPositive looks at ways we can feel good in the bodies we have.

Andrea's Voice

www.andreasvoice.org

Site dedicated to prevention and education on eating concerns in honor of Andrea Lynn Smeltzer who died tragically after thirteen months of bulimic behaviors when she was 19.

Gurze Books

www.bulimia.com

Sells a variety of books on eating concerns and body image.