

Mayo Clinic Minute

Breaking down types of eating disorders

Video	Audio
INTRO:	As many as 1 in 20 American kids has what's known as a full threshold eating disorder. But more than half likely have disordered eating behaviors, and that can be just as harmful.
	Eating disorders don't always look like people expect them to.
00:04:03 Jocelyn Lebow, Ph.D. Child Psychology Mayo Clinic	"I see anorexia. I see bulimia. And these are, like, textbook – like made-for-TV-movie style eating disorders. But I also see a lot of stuff in between, and that doesn't mean less serious.
	Dr. Jocelyn Lebow, a Mayo Clinic child psychologist who specializes in treating eating disorders, says there are many behaviors that classify as disordered eating.
	She says she sees patients take eating healthy to an extreme, such as never ever eating carbs, fats or snacks of any kind.
	Sometimes, patients will exercise excessively.
	Many will regularly skip meals, while others hide food that they will only eat in private.
	Even extreme pickiness is considered an eating disorder.
	While these behaviors don't necessarily indicate an eating disorder, Dr. Lebow says if you notice unusual eating patterns, it's a good idea to get an assessment from a professional.
00:01:39	"If your kid is eating in a way that's not letting them be healthy – and by healthy, what I mean is they're either not eating enough to allow them to

	grow, to allow them to have energy to do what they need to do that's a problem."
	For the Mayo Clinic News Network, I'm Ian Roth.