Food Addiction: Fact or Fiction?

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Food Addiction: Fact or Fiction?

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What’s in a name...

Food Addiction  Eating Addiction
Cravings
Overeating  Binge Eating
Mindless eating
Emotional eating  Eating Disorder
Chocaholic
“Food Addiction”

- Persistent desire to eat certain foods (cravings)/ unsuccessful efforts to cut down or eliminate*
- Continue to eat this way despite negative effects*
- Need to eat more of the food to get the same feeling*
- Time consuming
- Feeling physical symptoms when you don’t eat the food
- Negative effect of behaviors on life
- Feel upset about these behaviors

- 5% college or community
- “Highly palatable foods”
Fact or Fiction: “Food Addict” is a Helpful Term

https://www.polleverywhere.com/multiple_choice_polls/EsgfVrwtDAUoDVe

- Blame / focus on individual goes UP or DOWN?
- Stigmatizing?
- Overly focused on specific foods?
- Overlooks environmental and behavioral factors?
Environment and Media Portrayal of Food

- Do you think some foods are more addictive than others?
- What role does the food industry play?
- What role does the environment / access to food play?
- Focus on cravings and behaviors

The Science of Addictive Foods
Fact or Fiction?

You should only eat “healthy” foods.

https://www.polleverywhere.com/multiple_choice_polls/MDFTDOzx0cZJYhe
Fact or Fiction?

Being tired, angry, anxious, bored or lonely can lead you to eat more.

https://www.polleverywhere.com/multiple_choice_polls/eIP2Tfq9oKhEVSL
Fact or Fiction?

You crave certain foods because your body needs the nutrients in that food.

https://www.polleverywhere.com/multiple_choice_polls/52A5hUZPqhhCvdI0
Fact or Fiction?

What you buy when grocery shopping, or what you have in the house, can affect how you eat.

https://www.polleverywhere.com/multiple_choice_polls/qxynmOwFqo4JzXJ
Fact or Fiction?

When you have a craving, you must eat that food.

https://www.polleverywhere.com/multiple_choice_polls/MDFTDOzxoCZYhe
Changing your experience of food
Food Addiction: Resources

For more information about food addiction:

- Yale Rudd Center: http://www.yaleruddcenter.org/hot_topics.aspx
  - Podcasts, questionnaires and information created by one of the leading researchers in the area

For your own concerns or to explore treatment:

- La Salle University’s Counseling Center
- Academy for Eating Disorders (aedweb.org) or National Eating Disorders Association (http://www.nationaleatingdisorders.org) to find a practitioner who specializes in eating disorders