

Today more than ever people are interested in their health. The Performance Zone Program takes a fresh approach in educating our customers as well as our employees about the benefits of healthy eating, good nutrition and the importance of physical activity. Performance Zone is a nutrition and lifestyle program designed to provide people with ongoing health and nutrition information.

Sodexo School Services is committed to delivering effective programs to help students, teachers and employees understand nutritional concepts and make informed decisions that support a health lifestyle.

# Dietary

**EAT A VARIETY OF FOODS** to get the energy, protein, vitamins, minerals, and fiber you need for good health.

**MAINTAIN A HEALTHY WEIGHT** to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.

**CHOOSE A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL** to reduce your risk of heart attack and certain types of cancer. Because fat contains over twice the calories of an equal amount of carbohydrates or protein, a diet low in fat can help you maintain a healthy weight.

**CHOOSE A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND WHOLE GRAIN PRODUCTS** which provide needed vitamins, minerals, fiber and complex carbohydrates, and can help you lower your intake of fat.

**USE SUGAR IN MODERATION.** A diet with lots of sugar has too many calories and too few nutrients for most people and can contribute to tooth decay.

**USE SALT AND SODIUM IN MODERATION** to help prevent cardiovascular disease and reduce incidence of hypertension.

# Eating Disorders



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# Eating

# Disorders

Eating disorders are extreme expressions of a range of weight and food issues. Disordered eating behaviors can be very harmful to your developing body and mind. When you restrict foods you fail get all of the nutrients your body needs to grow and develop. In addition, restricting calories can lead to weakening bones and increase your risk of experiencing bone fractures and osteoporosis.

## Definitions:

**Anorexia Nervosa** – is a serious, potentially life-threatening eating disorder characterized by starvation and excessive weight loss.

**Bulimia** – is an obsession with food and weight characterized by repeated overeating binges followed by purging behaviors.

**Binge-Eating Disorder (BED) or Compulsive Eating** – is

characterized primarily by periods of impulsive gorging or continuous eating. While there is no purging, there may be sporadic fasts or repetitive diets.

## Consequences:

Although eating disorders are generally classified as psychiatric illnesses, they often have multiple, serious medical complications. Anorexia and bulimia can result in stunted growth, organ failure, kidney disease, irregular heartbeat, gastrointestinal disorders, dental damage and osteoporosis to name a few.

## Signs & Symptoms:

Become aware of the signs and symptoms of eating disorders. The earlier an eating disorder is detected, the better chances for treatment. The signs and symptoms of eating disorder vary from person to person. Here are some behaviors to look for:

- Making repeated references to feeling fat.
- Asking questions about the fat and/or carbohydrate content of foods; counting calories.
- Returning for lots of extra helpings or leaving the plate full.
- Consistently choosing unhealthy foods.
- Exercising excessively.
- Eating alone.
- Disappearing after meals.

## Have a concern, here are some

### suggestions:

Because disordered eating may be a student's way of coping with pressures, she or he may be upset, angry, or afraid if you try to help. First discuss the situation with a school nurse, counselor, parent, teacher, trusted adult or pastor.

If you are worried about a friend's eating behaviors or attitudes, it is important to express concerns in a caring and supportive way.

You cannot force someone to seek help, change their habits, or adjust their attitudes. You will make important progress in honestly sharing your concerns and providing support and knowing where to go for more information.

## Resources:

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

National Eating Disorder Information Center  
[www.nedic.org](http://www.nedic.org)

Awareness and Prevention Information  
[www.something-fishy.org](http://www.something-fishy.org)  
[www.mirror-mirror.org](http://www.mirror-mirror.org)

Academy for Eating Disorders  
[www.aedweb.org](http://www.aedweb.org)

National Association of Anorexia Nervosa and Associated Disorders  
[www.anad.org](http://www.anad.org)

Eating Disorder Referral and Information Center  
[www.edreferral.com](http://www.edreferral.com)