

characteristics of binge eating

When suffering from binge eating disorder a person must have ongoing episodes of binge eating that happen, on average, at least once a week for 3 months. Binge eating is described by the measure of food eaten in a 2-hour time span that is bigger than what a great many people would eat in comparative conditions. It likewise includes an absence of power over eating during that scene. The individual may feel like they can't quit eating or control what they are eating.

These binge-eating episodes must have 3 of the following present:

- Eating much more rapidly than normal
- Eating until feeling uncomfortably full
- Eating large amounts of food when not feeling physically hungry
- Eating alone because of feeling embarrassed by how much is being eaten
- Feeling disgusted, depressed or very guilty after the eating binge
- The person must also feel distressed about their binge eating.