## **Veganism, Plant-Based Diets and Eating Disorders**

By Alexandra Caspero, MA, RD, CLT, RYT

## References

- 1. Barnett MJ, Dripps WR, Blomquist KK. Organivore or organorexic? Examining the relationship between alternative food network engagement, disordered eating, and special diets. *Appetite*. 2016;105:713-720.
- 2. Craig WJ, Mangels AR; American Dietetic Association. Position of the American Dietetic Association: vegetarian diets. *J Am Diet Assoc*. 2009;109(7):1266-1282.
- 3. Forestell CA, Spaeth AM, Kane SA. To eat or not to eat red meat. A closer look at the relationship between restrained eating and vegetarianism in college females. *Appetite*. 2012;58(1):319-325.
- 4. Kratina K. Orthorexia nervosa. National Eating Disorders Association website. <a href="https://www.nationaleatingdisorders.org/orthorexia-nervosa">https://www.nationaleatingdisorders.org/orthorexia-nervosa</a>
- 5. Types and symptoms of eating disorders. National Eating Disorders Association website. <a href="https://www.nationaleatingdisorders.org/types-symptoms-eating-disorders">https://www.nationaleatingdisorders.org/types-symptoms-eating-disorders</a>
- 6. Noordenbos G, Seubring A. Criteria for recovery from eating disorders according to patients and therapists. *Eat Disord*. 2006;14(1):41-54.
- 7. Ruby MB. Vegetarianism. A blossoming field of study. *Appetite*. 2012;58(1):141-150.
- 8. Timko CA, Hormes JM, Chubski J. Will the real vegetarian please stand up? An investigation of dietary restraint and eating disorder symptoms in vegetarians versus non-vegetarians. *Appetite*. 2012;58(3):982-990.
- 9. Ozier AD, Henry BW; American Dietetic Association. Position of the American Dietetic Association: nutrition intervention in the treatment of eating disorders. *J Am Diet Assoc*. 2011;111(8):1236-1241.
- 10. Mangels R, Messina V, Messina M. *The Dietitian's Guide to Vegetarian Diets: Issues and Applications*. 3rd ed. Sudbury, MA: Jones & Bartlett Learning; 2011.
- 11. Weaver CM, Proulx WR, Heaney R. Choices for achieving adequate dietary calcium with a vegetarian diet. *Am J Clin Nutr*. 1999;70(3 Suppl):543S-548S.