

# BINGE EATING

VS.

# EMOTIONAL

# EATING



THE UNDIET COMPANY

# BINGE EATING VS. EMOTIONAL EATING: WHAT'S THE DIFFERENCE?

We've all been there...

A rough day at work, followed by a spontaneous craving for pizza, and before you know it, you're sitting with an empty box wondering how you ate eight slices. (*No judgment – sometimes, life just calls for pizza!*)

**But are you eating because you're hungry or because you're feeling stressed, sad, or even bored?**

That's where binge eating and emotional eating come into play.

While these two eating patterns are often lumped together, they're **not the same**. Understanding the differences between them can help us develop healthier relationships with food – and yes, still enjoy the occasional pizza slice or ice cream binge without guilt.

This guide will help you understand the differences between binge eating and emotional eating and why they happen.

# WHAT IS BINGE EATING?

Let's start with binge eating, a term you've likely heard thrown around quite a bit.

Binge eating is more than just an extra-large meal or indulging in a few snacks late at night...

**It's eating a large amount of food in a short time while feeling out of control. You may feel powerless to stop, even if you're already full.**

Afterwards, you might feel guilty, ashamed, or physically unwell.

Unlike overeating at a holiday dinner (*who hasn't been there?*), binge eating tends to occur frequently and is often accompanied by a sense of loss of control.

It's not about hunger or enjoyment – it's about trying to escape uncomfortable emotions.

## Signs Of Binge Eating

- Eating faster than normal.
- Eating until you're uncomfortably full.
- Eating large amounts when you're not physically hungry.
- Feeling out of control during episodes.
- Experiencing guilt, shame, or distress afterwards.

Binge eating is also linked to **Binge Eating Disorder (BED)**, which is the most common eating disorder worldwide.

It's a recognised mental health condition that often requires professional support to overcome.

Those who struggle with BED often experience frequent episodes of binge eating, which can impact both their physical and mental health in the long term.

BED is the most common eating disorder among adults worldwide...

In the United States, approximately **1 in 28 women** and **1 in 50 men** struggle with BED.

While BED itself is widespread, studies suggest that 60-70% of women engage in disordered eating behaviours at some point in their lives.

These behaviours include emotional eating, which we'll explore further in the next section.



# WHAT IS EMOTIONAL EATING?

Now, let's talk about emotional eating...

If binge eating is about losing control, emotional eating is about using food to soothe feelings and emotions – even when you're not hungry.

When you're emotionally eating, food becomes your go-to for coping with negative feelings like stress, loneliness or sadness.

If you've ever grabbed a snack after a stressful day or treated yourself to chocolate when you're sad, you've experienced emotional eating.

Unlike binge eating, emotional eating is often tied to specific emotions or events. While it might not involve the same loss of control, it can still feel frustrating or habitual over time.

## **Common Emotional Eating Triggers:**

- Stress from work, relationships, or life challenges.
- Sadness or loneliness.
- Boredom or lack of stimulation.
- Celebrations or social pressures to indulge.

Emotional eating doesn't always lead to binge eating, but it can become a slippery slope if left unchecked.

# THE KEY DIFFERENCES BETWEEN BINGE EATING AND EMOTIONAL EATING

It's easy to confuse binge eating and emotional eating because both are tied to feelings rather than physical hunger.

However, they're different in important ways:

## **1. Quantity of Food**

Binge eating involves consuming large amounts quickly, while emotional eating may involve smaller amounts spread out over time.

## **2. Control**

Binge eating feels uncontrollable. Emotional eating is a choice, even if it feels like a habit.

## **3. Frequency**

Binge eating is often frequent and can lead to a cycle of guilt and more bingeing; while emotional eating can be more occasional, tied directly to specific emotions or events.

The line between binge eating and emotional eating can sometimes get blurry. If you find that you're frequently emotionally eating lots of food, you might have BED.

# HOW EMOTIONAL EATING CAN LEAD TO BINGE EATING

Emotional eating might start with small indulgences – a cookie after a hard day or ice cream to cheer yourself up.

Over time, these habits can escalate.

If you use food to cope with emotions regularly, it can become harder to stop. You may find yourself eating more than intended or turning to food in more extreme ways, leading to binge eating episodes.

Recognising emotional eating patterns early can help you regain control before they turn into something more harmful, like BED.



# THE IMPACT ON YOUR HEALTH

Both binge eating and emotional eating can affect your body and mind in profound ways. Over time, these behaviours can lead to:

## Physical Health Impacts:

- **Weight Gain:** Consuming more calories than your body needs, especially during binge episodes, can lead to unwanted weight gain.
- **Obesity-Related Conditions:** Increased risk of health issues like type 2 diabetes, heart disease, high blood pressure, and certain types of cancer.
- **Digestive Problems:** Eating large amounts quickly or over-relying on processed, sugary, or fatty foods can lead to bloating, indigestion, acid reflux, or constipation.
- **Fatigue and Low Energy:** Overeating can cause sluggishness, while nutrient-poor diets can leave you feeling drained.
- **Hormonal Imbalances:** Fluctuating blood sugar levels from bingeing or eating irregularly can disrupt hormones, impacting sleep, mood, and hunger regulation.
- **Nutritional Deficiencies:** Emotional eating often involves “comfort foods” that lack essential nutrients, leading to deficiencies in vitamins and minerals.

- **Poor Immune Function:** Long-term nutritional imbalances can weaken your immune system, making it harder to fight off illnesses.
- **Physical Discomfort:** Binge eating episodes often cause stomach pain, nausea, and a general feeling of being physically unwell.

## **Mental Health Impacts:**

- **Guilt and Shame:** Feelings of failure or embarrassment often follow emotional or binge eating episodes.
- **Anxiety:** Worrying about food choices, body image, or future episodes can increase overall anxiety.
- **Depression:** Persistent guilt and frustration with eating habits can contribute to feelings of hopelessness and low mood.
- **Low Self-Esteem:** Struggling to control eating can impact your confidence and how you see yourself.
- **Social Isolation:** Avoiding social situations involving food or eating in secret can create a sense of loneliness.
- **Body Image Issues:** A negative relationship with food can lead to dissatisfaction with your body, fueling cycles of dieting and overeating.
- **Emotional Numbing:** Using food to suppress or avoid emotions can make it harder to process and heal from life's challenges.
- **Stress Over Eating Patterns:** Constantly worrying about bingeing or emotional eating adds stress to daily life, creating a vicious cycle.

The good news?

Binge eating and emotional eating behaviours aren't permanent.

With awareness and the right tools, you can transform your relationship with food and avoid any serious long-term health consequences.

P.S. If you're interested in getting additional help to stop binge eating or emotional eating, view the next page for a special offer.



# **STRUGGLING WITH BINGE OR EMOTIONAL EATING? BOOK A FREE CALL WITH US!**

You've learned the difference between binge eating and emotional eating – and how these habits can impact your body and mind. But healing from these disordered eating behaviours isn't easy.

That's why we're here to help.

If you're serious about breaking free from binge eating or emotional eating for good, I'd love to invite you to book a free Food Freedom Strategy Call with a binge eating expert at The Undiet Company.

## **Here's what will happen on the call:**

- We'll dive deep into your journey – your struggles, your triggers, and the obstacles holding you back.
- We'll map out a clear, personalised action plan to help you overcome binge eating and create a life where food feels easy and enjoyable again.
- If you're a good fit for any of our programs, we'll tell you about them.
- You'll leave with clarity and confidence about what to do next – and how to make it happen.

This call **isn't** about giving you vague advice or a generic checklist. It's about creating a tailored roadmap that works for you.

And the best part? **It's completely free.**

You don't have to keep going around in circles, trying to figure it out on your own. Let's work together to create the change you've been searching for.

Click the link below to book your free Food Freedom Strategy Call now:

<https://undiet.co/food-freedom-strategy-call>

