

Name, Vorname: Datum:

Text of the informative handout	No. of subheading	Corresponding text passage in the German text
The line between unusual eating behaviour and compulsive eating disorder is blurred.		
Drastic diets, new nutritional rules and the compulsion to self-optimisation are partly to blame for many cases of orthorexia.		
People suffering from orthorexia force themselves to eat – what they consider to be – a particularly healthy and “pure” diet, which can degenerate into a compulsive eating disorder.		
One of the main reasons for the rise of orthorexia is media exposure to self-optimisation: What should you eat and what not? Are you exercising enough? Can you optimise yourself even more?		
The second reason are diets that focus on certain beauty ideals, which are promoted and advertised everywhere, all of the time.		
Thirdly, fashionable dietary guidelines can influence young people, whether they are in line with ethical reasons (veganism and vegetarianism), religious reasons or health reasons (food allergies or intolerances).		
A significant part of the disorder is the social aspect. Sufferers exclude themselves, resulting in social isolation and a preoccupation with themselves and their bodies.		