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BULIMIA IS AN EFFECTIVE WAY TO CONTROL YOUR WEIGHT

False: Many college students overeat and then vomit or use laxatives to compensate for their overeating. They believe that this will get rid of the calories, thereby help them to control their weight. In reality, many bulimics are overweight often as a result of this behavior. The binge purge cycle confuses your body and you often feel hungry all of the time as a result.

YOU CAN'T EAT CREAM CHEESE IF YOU HAVE LACTOSE INTOLERANCE

False: Be sure to check out the lactose content of foods. People wrongly assume that all dairy products need to be eliminated on a lactose free diet. Also, for many individuals, some foods containing lactose can still be consumed in limited quantities. 3. Men don't have eating disorders.

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MEN DON'T HAVE EATING DISORDERS

Men can have an eating disorder. The incidence of eating disorders in males is increasing. While women typically want to be skinny, men's eating issues are more often characterized by body dysmorphia and an emphasis on obtaining a buff body.

IF YOU ARE LACTOSE INTOLERANT, YOU NEED TO AVOID ALL DAIRY PRODUCTS

False. People who are lactose intolerant will need to find their own individual tolerance. Certain dairy products, such as milk, are rich in lactose while others are not. Lactose intolerance varies from individual to individual.

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EVERYONE WHO DIETS IS AT RISK FOR DEVELOPING AN EATING DISORDER

True and False. Anyone who has an eating disorder has dieted at some point, but not everyone who diets will develop an eating disorder. Dieting is a risk factor for developing an eating disorder.