

Nourishing hope—treating eating disorders

Eating disorders can happen to anyone, regardless of age, race, background, and gender.

From a busy soccer mom to a teen girl posting on social media to a male wrestler trying to meet weight, eating disorders have severe impacts both physically and mentally.

In fact, 9% of people in the U.S. will have an eating disorder at some point in their life. It's also the second leading cause of death for a mental health illness after opioid abuse.¹

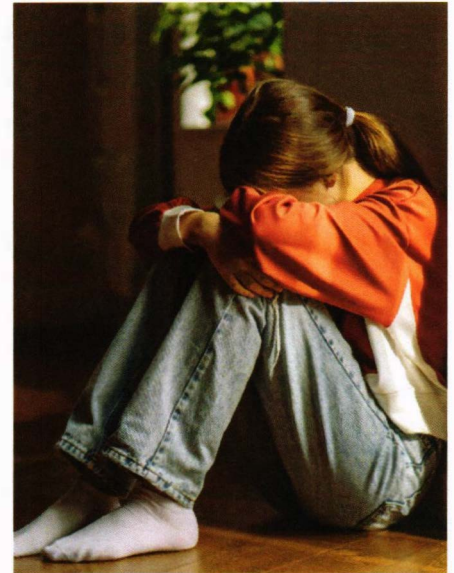
Important: Eating disorders are

treatable. Learning the warning signs and symptoms can help you or someone you love get help as soon as possible.

Webinar:

[Join us](#) on Thursday, June 20 with Dr. Kim Sundling, who will talk about what you should know, including:

- Types of eating disorders
- Who's most at risk for developing an eating disorder
- Warning signs and symptoms
- Treatment options



Learn more on [BlueAnswers](#). You can also call Lucet, our mental health care partner, at 1-866-287-9569 to talk to someone.*

The path to recovery is possible.

Resource: ¹[National Eating Disorders Association](#)

*Florida Blue contracts with Lucet to provide behavioral health services.

Avocado Hummus (Serves 10)

Ingredients:

- 1 (15 ounce) can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic

- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions:

Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth.



Serve with veggie chips, pita chips or crudités.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

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