

Errata

Pocket Guide to Eating Disorders Third Edition

Note: The following errata only appears in the first printing of *Pocket Guide to Eating Disorders*, 3rd Ed. To determine the print run of your book, consult the middle of the copyright page, which is the page directly before the Table of Contents. The last numeral in the countdown starting with 10 indicates the print run of the book. In the example below, the book would be in its first printing since the 1 is the last digit in the string of numerals.

10 9 8 7 6 5 4 3 2 1

Location	Original	Update
Page 177, Explanation of Dietary Restrictions box, under the heading Medical diets: Low FODMAP , the content in the Excludes and Includes columns were swapped.	Excludes Foods low in FODMAPs: Some fruits and vegetables, rice, oats, quinoa, corn, buckwheat, millet Lactose-free dairy Most meats and poultry, fish, seafood, eggs Most fats and oils Includes Wheat, onions, garlic, legumes, dairy products, honey, high-fructose corn syrup, sugar alcohols	Excludes Wheat, onions, garlic, legumes, dairy products, honey, high-fructose corn syrup, sugar alcohols Includes Foods low in FODMAPs: Some fruits and vegetables, rice, oats, quinoa, corn, buckwheat, millet Lactose-free dairy Most meats and poultry, fish, seafood, eggs Most fats and oils
Page 105, third bullet in list near end of the page	Little or no nutritional intake for more than 1 day	Little or no nutritional intake for more than 10 days

Thank you to those that brought this error to our attention. Please contact publications@eatright.org with any questions or concerns.

eat
right. Academy of
Nutrition
and Dietetics

120 S. Riverside Plaza, Suite 2190
Chicago, IL 60606-6995
www.eatright.org

April 2026