**Words’ meaning:**

1-Obese: having excessive body fat

2-Nutrition: is the process of taking food into the body and absorbing the nutrients in those foods.

3-Prevalent: that exists or is very common at a particular time or in a particular place

4-Binge-eating disorder: is a mental illness characterized by regular episodes of binge eating. Binge eating involves eating an excessive amount of food, which may take place in a rapid space of time,

**Sources (Citation)**

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