

Fifteen Signs of an Eating Disorder

Eating disorders can affect all ages, genders, ethnicities, and socio-economic classes. They may present differently in each person. Here are 15 signs you or a loved one may be suffering with disordered eating. This is not an exhaustive list. The symptoms may not apply to everyone who is affected by an eating disorder.

1. Do you or a loved one constantly think about food, your weight, or body image?
2. Do you have difficulty concentrating because of these thoughts?
3. Do you experience guilt or shame around eating? (before, during, after?)
4. Do you severely restrict the amount or type of food that you eat for fear of gaining weight?
5. Do you feel fat despite others' comments that you are too thin?
6. Do you label foods as "good" or "bad"?
7. Do you vomit after eating?
8. Do you have trouble stopping yourself when you eat, do you feel out of control, and/or do you eat until you are way past the point of "full"?
9. Do you exercise to lose weight even if you are sick or injured? Do you push yourself past the point of exhaustion?
10. Do you find yourself hiding food or lying to loved ones about what you ate?
11. Do you count every calorie that you eat or drink and adjust your eating/exercise plan according to that number?
12. Do you feel anxiety about eating around other people? Does that affect the choices that you make about social events and dining out?
13. Do you weigh yourself several times daily and determine if you will have a "good" or a "bad" day based on that number?
14. Do you notice increased feelings of hopelessness, helplessness, and/or emotional pain? Do you notice increased mood swings? Do you feel that "no one gets it"?
15. Are you isolating yourself from loved ones, and finding that you try to be alone so that the eating disorder is not exposed?

Source: www.bulimia.com

The more "yes" answers indicates more likelihood of an eating disorder. Contact a mental health professional if you think that you or someone you love may be developing anorexia, bulimia, binge eating disorder, or any type of disruptive eating pattern.

More resources are available at www.eatingdisorderfoundation.org.