

EATING DISORDERS WARNING SIGNS

ANOREXIA NERVOSA

- Significant or extreme weight loss, or refusal to maintain normal weight
- Reduced food intake; when eating, chooses only low fat and low calorie food
- Ritualistic eating habits such as:
 - Cutting up food into extremely small bites
 - Chewing every bite a large number of times.
- Excessive exercise
- Become more critical and less tolerant of others
- Says he/she is too fat, even when this is not true
- Has highly self-controlled behavior
- Does not reveal feelings

BULIMIA NERVOSA

- Makes excuses to go to the restroom after most meals
- Has mood swings
- Unusual swelling around the jaw
- Frequently eats large amounts of food, often high in calories (a binge) and does not seem to gain weight
- May decide to purchase large quantities of food and eat it on the spur of the moment
- Laxative or diuretic wrappers found frequently in the trash can
- Unexplained disappearance of food in the home or residence hall setting

COMPULSIVE OVEREATING

- Feeling loss of control when eating
- Guilt or shame after eating
- Repeated and unsuccessful attempts at weight loss
- Eating for emotional comfort; to relieve stress or depression
- Eating sensibly in front of others and making up for it when alone

ALL EATING DISORDERS

- Makes excuses to skip meals and does not eat with others
- Begins to isolate more from friends and family
- Often hears other people's problems but does not share her own
- Develops a tendency to try to be perfect in almost everything; is highly self critical
- Conversation is mostly focused on food, weight, or body shape
- Thinks about weight and body shape most of the day; intense fear of weight gain. Yo-Yo fluctuations in weight
- Sneaking food or lying about eating habits

The more warning signs a person has, the higher the probability the person has or is developing an eating disorder. If you think you or someone you know may have an eating disorder, please call and talk to a mental health professional who is prepared to answer questions and provide information. Our Assessment and Referral Center is open 24 hours a day and all assessments are provided free of charge.