

When Food Becomes a Problem

Warning Signs of Eating Disorders

Over 30 million Americans have eating disorders. Each problem is unique, but eating disorders have warning signals. And, while many of us occasionally experience unusual behavior, feelings or thoughts about food, having too many of these symptoms too often may signal an eating disorder.

- Constant low calorie or crash dieting
- Denial of hunger
- Claiming to “feel fat” when overweight is not a reality
- Compulsive exercise with strict “exercise rules”
- Using body weight and being thin to measure self-worth
- Thinking or talking constantly about food
- Refusing to discuss food at all

- Using food to hide anger, loneliness, or feelings of rejection
- Use of laxatives and/or vomiting to control weight
- Loss of menstrual period
- Frequent weighing
- Complaints of feeling bloated or nauseated when eating normal amounts of food
- Fear of being unable to stop eating once you start
- Intermittent episodes of binge eating