

Eating Disorders

◆ Possible signs

- ◆ Skips meals
- ◆ Takes very small portions as compared to others
- ◆ Eats in a ritualistic way (chews each bite a certain # of times)
- ◆ Has very rigid rules about eating (won't eat past a certain time)
- ◆ Chews food but spits it out before swallowing
- ◆ Likes to shop and cook, but does not eat the meals he or she prepares
- ◆ Regularly has excuses not to eat (not hungry, ate early, feels ill)
- ◆ Boasts about eating healthy food
- ◆ Becomes vegetarian but does not eat the necessary fats and oils
- ◆ Chooses primarily low-fat items to eat, with little balance
- ◆ Chooses primarily low-calories items to eat
- ◆ Reads food labels all the time
- ◆ Always drinks diet sodas or chews gum
- ◆ Rearranges food on the plate to make it look like he or she is eating
- ◆ Feels disgusted by foods he or she used to like, especially high-fat items
- ◆ Categorizes food as safe or good versus dangerous or bad
- ◆ Thinks irrational thoughts about eating (If I'm thin, I'll be happy)
- ◆ Competes with others to eat the least and be the thinnest
- ◆ Becomes irrational or sulks when someone talks to him or her about eating
- ◆ Buys large amounts of a particular food, often a junk food
- ◆ Secretly takes food from cupboards or the refrigerator
- ◆ Leaves empty food packages lying around
- ◆ Wants to change shape and weight (more than regular fat talk)
- ◆ Wears baggy clothes or layers to hide body shape or particularly disliked body parts
- ◆ Obsesses about his or her clothing size
- ◆ Spends lots of time inspecting self in the mirror
- ◆ Exercises to lose weight, rather than to promote health
- ◆ **Serious signs:**
- ◆ Person binge eats (eats a large amount of food at one time)
- ◆ Has dramatic weight loss (more than 5 percent of his or her normal weight, even though not ill)
- ◆ Is preoccupied with thoughts about food and weight, so that it is hard to concentrate on anything else
- ◆ Denies hunger, even though he or she has not eaten for a long time
- ◆ Binges to escape stress and negative emotions, and avoids talking about feelings
- ◆ Goes to the bathroom immediately after eating, and you notice signs of vomiting (dirty toilet, smell, running water or hair drying to mask sound, excessive use of mouthwash)
- ◆ Buys laxatives, diet pills, diuretics, or natural weight loss products
- ◆ Shows physical signs of vomiting, such as calluses on back of hands, unusual swelling of the cheeks or jaw, discoloration of the teeth

- ◆ Has frantic fears of gaining weight or becoming obese
- ◆ Insists you cannot feel good about yourself unless you are thin
- ◆ Exercises immediately after eating to avoid weight gain
- ◆ Exercises daily for more than an hour outside of scheduled team practices
- ◆ Consumes sport drinks and supplements, but not enough calories to support the athletic lifestyle
- ◆ Exercises even in bad weather, when ill, injured, or overtired