

Eating Disorder “Red Flags”

What are signs that someone I love is suffering from an eating disorder?

- Frequent comments about body shape, size, or weight (in themselves or others)
- Sudden increase in weight gain or weight loss
- Exercising more often than normal, sometimes compulsively
- Frequent weighing or measuring of themselves
- Covering up in many layers (to hide weight loss or to keep warm)
- Abnormal consumption of diet pills, laxatives, or diuretics
- Consistent dieting (calorie counting, skipping meals, eliminating or limiting certain food groups [sweets, breads, etc.], replacing meals with fluids)
- Trips to the bathroom during or right after meals
- Excuses to avoid meals or social situations involving meals
- Rituals surrounding food (arranging food on plate, only using specific cutlery, eating food in a specific order)
- Lying or secrecy surrounding food consumption



What are signs that I might be at risk of developing or already suffering from an eating disorder?

- Intense fear of weight gain even in small amounts (e.g. 2 pounds)
- Consistent dieting (calorie counting, skipping meals, eliminating or limiting certain food groups [sweets, breads, etc.], replacing meals with fluids)
- Exercising obsessively
- Self-induced vomiting, use of laxatives/diuretics to lose weight
- Hiding food and eating in secret
- Lying to others about eating habits
- Feelings of guilt about eating habits
- Preoccupation with food
- Eating when not hungry
- Feeling loss of control of eating habits