



Warning Signs of Eating Disorders



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Could I have an eating disorder? Maybe! Over 30 million Americans do.

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.

You should be aware of these warning signs:

- Constant low-calorie/restrictive eating or crash dieting
- Compulsive exercise with strict "exercise rules"
- Using body weight and being thin to measure self-worth
- Refusing to discuss food at all
- Fear of being unable to stop eating once you start
- Using food to hide anger, loneliness or feelings of rejection
- Intentional vomiting after meals
- Abusing drugs or alcohol before "binge eating"
- Thinking or talking constantly about food
- Love/hate relationship with food
- Binge eating
- Compulsive overeating then feeling bloated, terrible

If you are concerned about eating behaviors or attitudes, whether your own or a friend's or family member's, consider professional help. Your EAP, doctor or other health professional can help you get information about eating disorders and treatment options. You may also receive help from these organizations:

National Association of Anorexia and Associated Disorders, Inc. - ANAD
www.anad.org
(708) 831-3438

American Anorexia/Bulimia Association, Inc.
www.aabainc.org
(212) 501-8351

www.nationaleatingdisorders.org

Overeaters Anonymous
www.oa.org

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