



## **Signs of Eating Disorders**

1. Not eating or playing with food so that it appears some was eaten.
2. Rituals around food, e.g. cutting up into tiny pieces.
3. Strict dieting.
4. Excessive exercise.
5. Use of diuretics, laxatives, diet pills.
6. Exaggerated concern with weight & appearance, such as weighing oneself several times a day.
7. Spending a lot of time in the bathroom after meals with the shower or faucet running (possible attempt to cover up bulimic purging)
8. Tendency to isolate one's self and become secretive.

### **Other Possible Signs:**

9. Looks thin and keeps getting thinner.
10. Face looks pale, hair is limp and glands may be swollen.
11. May wear layers of clothing even when weather is warm.
12. Seems sad, angry and irritable
13. Body seems tense, rigid; person is always moving, tapping foot or other indications of nervous hyperactivity
14. Difficulty concentrating, may seem 'spacey'
15. May begin to miss school or activities a lot when attendance has previously been good
16. Fainting, black outs or dizziness

***Adapted from the Center for the Study of Anorexia in New York.***