

## Understanding Eating Disorders

Contact Information:

Megan Osborne, MA, LPC, NCC

Eating Disorder Specialist

Licensed Professional Counselor

*Peace With Food*

208-734-0022

megan@peacewithfood.com

NOTES

## FINGERTIP REFERENCE GUIDE

### Warning Signs of Anorexia Nervosa

- Excessive weight loss or lack of normal weight gain
- Intense fear of gaining weight or becoming fat
- Distorted image of body weight or shape
- Significant reduction of the amount of food eaten
- Avoiding eating/skipping meals
- Repeatedly weighing oneself
- Denial of hunger
- Rigid eating patterns, such as extreme controlling of calories
- Storing or hoarding food
- Collecting recipes and cooking for others while finding excuses to avoid eating
- Wearing baggy clothes to hide the amount of weight lost
- Obvious fear or anxiety before eating and guilt after eating
- Complaining of bloating and unusual fullness after eating only small amounts of food
- Excessive or compulsive exercising

### Warning Signs of Bulimia Nervosa

- Engages in overeating and cannot voluntarily stop
- Uses the bathroom frequently after meals
- Reacts to emotional stress by overeating
- Experiences frequent fluctuations in weight
- Is obsessively concerned about weight
- Feels guilty or ashamed about eating
- Feels out of control
- Has depressive moods

### Warning Signs of Binge Eating Disorder

- Eats large amounts of food when not physically hungry
- Eats much more rapidly than normal
- Eats until the point of feeling uncomfortably full
- Often eats alone because of shame or embarrassment
- Has feelings of depression, disgust, or guilt after eating
- Has a history of marked weight fluctuations