

Body Image

Do I have an Eating Disorder?

You may have an eating disorder if you find yourself described here. You might find that you're struggling with disordered eating instead.

Eating Disorders:

Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss. You may have anorexia if you have missed your period, you obsess about being thin, or you skip meals and avoid food-related social situations.

Bulimia Nervosa is also a potentially life-threatening eating disorder characterized by a cycle of binge eating and compensatory behaviors such as self-induced vomiting, laxative abuse, or exercise in an ineffective attempt to compensate for binge.

Binge Eating Disorder (BED) is a type of eating disorder characterized by recurrent binge eating without the regular use of behaviors to try to "make-up" for the binge eating.

Do I have Disordered Eating?

You may not have an eating disorder but disordered eating can take a toll on your mental, emotional, and mental well-being. Disordered eating can be a real problem and can lead to eating disorders if it continues.

Do you...

- constantly calculate fat grams and calories?
- weigh yourself often and find yourself obsessed with the number on the scale?
- exercise to burn off calories and not for health and enjoyment?
- ever feel out of control when you are eating?
- feel ashamed, disgusted or guilty after eating?
- constantly worry about the weight, shape or size of your body?
- feel like your identity and value is based on how you look or how much you weigh?
- feel like weight loss, dieting, and/or control of food has become one of your major concerns?

Normal Eating includes:

- Eating when hungry and stopping when full
- Eating is flexible and not based on emotions
- Trusting your body
- Being able to use constraint
- Choose food you truly like

- Choosing to have 3 meals a day or light snacks in between
- Leaving food (such as sweets) on the plate because you can eat it later

Based on original content from National Eating Disorders Association. You can find more information at <http://www.nationaleatingdisorders.org/>.