



Signs of an Eating Disorder



Dramatic or frequent fluctuations in weight



Preference to make one's own meals, not have what others are having, or eating something different from the rest of the family



Expressing excessive body dissatisfaction



Extreme food restrictions



Secretive exercise



Feelings of guilt after eating



Frequently weighing self

Source: Hudson, L. (2018, August 1). Eating disorders: Warning signs, treatments & types of eating disorders. Michigan Medicine. <https://healthblog.uofmhealth.org/health-management/common-signs-of-eating-disorders-and-proven-treatments-to-help>