# COMMON SYMPTOMS\* OF AN EATING DISORDER

\*This list of symptoms of eating disorder is taken from the [**National Eating Disorders Association’**](https://www.nationaleatingdisorders.org/)s webpage and ***is not*** intended to be used for diagnoses of an eating disorder. If you suspect someone you care about is struggling with symptoms of an eating disorder, please visit for [**ways to help**](https://www.nationaleatingdisorders.org/how-do-i-help)**.** You can also call or text (800) 931-2237.

|  |  |
| --- | --- |
| ***Emotional and behavioral*** | ***Physical*** |
| * In general, behaviors and attitudes that indicate that weight loss, dieting, and control of food are becoming primary concerns
* Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
* Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g., no carbohydrates, etc.)
* Appears uncomfortable eating around others
* Food rituals (e.g. eats only a particular food or food group [e.g. condiments], excessive chewing, doesn’t allow foods to touch)
* Skipping meals or taking small portions of food at regular meals
* Any new practices with food or fad diets, including cutting out entire food groups (no sugar, no carbs, no dairy, vegetarianism/veganism)
* Withdrawal from usual friends and activities
* Frequent dieting
* Extreme concern with body size and shape
* Frequent checking in the mirror for perceived flaws in appearance
* Extreme mood swings
* Noticeable fluctuations in weight, both up and down
 | * Stomach cramps, other non-specific gastrointestinal complaints (constipation, acid reflux, etc.)
* Menstrual irregularities — missing periods or only having a period while on hormonal contraceptives (this is not considered a “true” period)
* Difficulties concentrating
* Abnormal laboratory findings (anemia, low thyroid and hormone levels, low potassium, low white and red blood cell counts)
* Dizziness, especially upon standing
* Fainting/syncope
* Feeling cold all the time
* Sleep problems
* Cuts and calluses across the top of finger joints (a result of inducing vomiting)
* Dental problems, such as enamel erosion, cavities, and tooth sensitivity
* Dry skin and hair, and brittle nails
* Swelling around area of salivary glands
* Fine hair on body (lanugo)
* Cavities, or discoloration of teeth, from vomiting
* Muscle weakness
* Yellow skin (in context of eating large amounts of carrots)
* Cold, mottled hands and feet or swelling of feet
* Poor wound healing
* Impaired immune functioning
 |