# 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 |