

EATING DISORDER PREVENTION & AWARENESS

Red flags for eating disorders:

Constant thoughts about your weight
Enjoy cooking for others but not for yourself
Avoid eating with family and friends
Feel guilty after you eat
Frequently compare your body to others
Weight fluctuates drastically
Compulsively exercise
Preoccupied with eating behaviors of others
Menstrual irregularities
Difficulty concentrating
Eating to relieve stress or depression
Self-induced vomiting
Laxative abuse
Diuretic abuse
Constant concern of being fat
Increased isolation
Hair loss
Participation in frequent diets
Lying to others about how you eat
Insomnia or difficulty sleeping
Dizzy spells, fainting, or blackouts
Always feel cold
Fine body hair on your body
Swollen puffy cheeks
Difficulty identifying or expressing emotions
Skip school because you feel fat or sick
Eat the same rigid foods all the time
Workout even when injured or sick
Decline social engagements to work out
Either exercise excessively or not at all
Loss of interest in things you used to enjoy
Purchase clothes based on size instead of fit

Resources on the Internet: www.Edreferral.com
www.nationaleatingdisorders.org
www.anad.org

Recommended Reading for Parents and Loved Ones

Eating Disorders

- When Food is Love – Geneen Roth
- Father Hunger – Margo Maine
- Eating in the Light of the Moon – Anita Johnston
- The Eating Disorder Sourcebook – Carolyn Costin
- Your Dieting Daughter – Carolyn Costin
- Reviving Ophelia – Mary Pipher
- Surviving an Eating Disorder – Judith Brisman
- Health Food Junkies - Steven Bratman and David Knight
- Intuitive Eating - Evelyn Tribole and Elyse Resch

Relationships

- How To Be An Adult in Relationships – David Richo

Parenting

- Parenting From the Inside Out – Daniel Siegel
- Help Your Teenager Beat an Eating Disorder - James Lock and Daniel le Grange