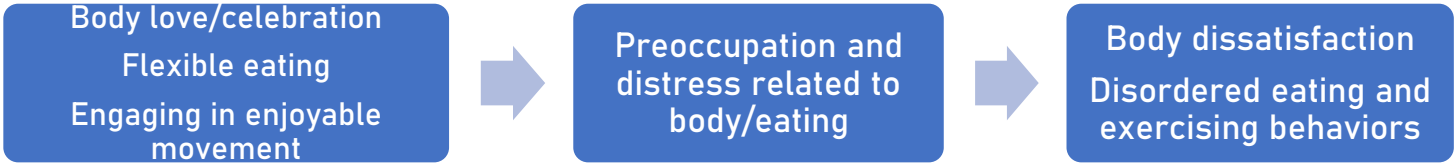




EATING CONCERNS



Eating- and body-focused concerns exist on a continuum ranging from flexible eating/exercising and body love/celebration to disordered eating/exercising behaviors and body dissatisfaction. Preoccupation with body image/eating refers to frequent, often distressing thoughts about food, exercise, and/or our bodies. When preoccupation/distress begins to interfere with daily living (e.g., relationships, your ability to be present, academic performance, or your view of yourself), these behaviors can become concerning. The following checklist identifies examples of concerning eating behaviors.

- | | |
|---|---|
| <input type="checkbox"/> Regular counting and/or restriction of calories | <input type="checkbox"/> Using diet pills |
| <input type="checkbox"/> Feeling “out of control” related to eating | <input type="checkbox"/> Eating when upset |
| <input type="checkbox"/> Fasting to compensate for eating | <input type="checkbox"/> Frequently weighing yourself |
| <input type="checkbox"/> Food rituals (e.g., cutting food into small pieces) | <input type="checkbox"/> Fear of changes in weight |
| <input type="checkbox"/> Difficulty tolerating the feeling of being full | <input type="checkbox"/> Preoccupation with food/body |
| <input type="checkbox"/> Body acceptance dependent on size/shape | <input type="checkbox"/> Rigid eating schedule/diet |
| <input type="checkbox"/> Avoiding situations where food is involved | <input type="checkbox"/> Frequent weight fluctuations |
| <input type="checkbox"/> Notable weight loss or gain | <input type="checkbox"/> Fainting/dizziness |
| <input type="checkbox"/> Exercising to “make up for” what you ate | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Purging in the form of self-induced vomiting | <input type="checkbox"/> Guilt about eating |
| <input type="checkbox"/> Purging in the form of laxative use | <input type="checkbox"/> Shame about eating behaviors |
| <input type="checkbox"/> Alternating between rigid/controlled and “out of control” eating | <input type="checkbox"/> Strained relationships due to food- and body-related behaviors |
| <input type="checkbox"/> Amenorrhea (i.e., menstruation stopping) | <input type="checkbox"/> Hiding eating behaviors |

What’s next?

- Learn More about Where to Start. Check out our Body Love and Celebration handout for recommendations! The NEDA website (www.nationaleatingdisorders.org) is also a great resource for learning more or call their helpline at 1-800-931-2237.
- Track Your Progress. Check out the free RR (Recovery Record) app on our website to record your food, thoughts, and feelings.
- **Get Connected.** Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.

The above information has been modified and compiled from the original works of The Board of Trustees of the University of Illinois (2005).