



# 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 can become concerning. The following checklist identifies examples of concerning eating behaviors.

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