



Anorexia Nervosa:

1. Dramatic weight loss
2. Dresses in layers to hide weight loss
3. Is preoccupied with weight, food, calories, fat grams, and dieting
4. Refuses to eat certain foods, progressing to restrictions against whole categories of food (e.g., no carbohydrates, etc.)
5. Makes frequent comments about feeling fat or overweight despite weight loss
6. Complains of constipations, abdominal pain, coldness, fatigue and/or excess energy
7. Denies feeling hungry
8. Develops food rituals (e.g., eating foods in certain orders, eating only a certain color of food, chewing a particular number of times before swallowing, not allowing teeth to touch food, etc.)
9. Cooks meals for others without eating
10. Consistently makes excuses to avoid mealtimes or situations involving food

11. Maintains an excessive, rigid exercise regimen despite weather, fatigue, illness, or injury
12. Withdraws from usual friends and activities and becomes more isolated, withdrawn and secretive
13. Seems concerned about eating in public
14. Has limited social spontaneity
15. Resists maintaining body weight at or above a minimally normal weight for age and height
16. Has intense fear of weight gain
17. Has a distorted image of his or her body
18. Menstrual periods cease in women and post-pubescent girls
19. Has strong need for control
20. Shows inflexible thinking

Bulimia Nervosa:

1. In general, behaviors and attitudes indicate that weight loss, dieting and control of food are becoming primary concerns

2. Evidence of binge eating, including disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food
3. Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics
4. Appears uncomfortable eating around others
5. Develops food rituals
6. Skips meals or takes small portions of food at regular meals
7. Steals or hoards food in strange places
8. Drinks excessive amounts of water
9. Uses excessive amounts of mouth-wash, mints and gum
10. Hides body with baggy clothes
11. Maintains excessive, rigid exercise regimen
12. Shows unusual swelling of the cheeks or jaw area
13. Has calluses on the back of the hands and knuckles from self-induced vomiting
14. Teeth are discolored, stained
15. Creates lifestyle schedules or rituals to make time for binge-and-purge sessions

16. Withdraws from usual friends and activities
17. Looks bloated from fluid retention
18. Frequently diets
19. Shows extreme concern with body weight and shape
20. Has secret recurring episodes of binge eating; feels lack of control over ability to stop eating
21. Purges after a binge (e.g., self-induced vomiting, abuse of laxatives, diet pills, diuretics, excessive exercise, fasting)
22. Body weight is typically within the normal weight range; may be overweight

Binge Eating Disorder

Binge Eating Disorder is very similar to bulimia. Its distinguishing characteristic is the absence of a compensatory behavior such as purging or abuse of laxatives.

1. Has periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full
2. Evidence of binge eating, including disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food
3. Engages in sporadic fasting or repetitive dieting

4. Hides body with baggy clothes
5. Develops food rituals; plans secret binge-sessions
6. Body weight varies from normal to mild, moderate or severe obesity
7. Sufferer rarely reports satisfaction after a binge; they are more likely to report disgust, shame, guilt and remorse after a binge

Compulsive Overeating

The distinguishing characteristic of Compulsive Overeating is that, unlike Binge Eating Disorder, Compulsive Overeaters report great temporary satisfaction from eating. They are more likely to "graze" than to plan binges in advance. They are typically moderately to severely overweight. They tend to be addicted to particular food substances such as sugar or white flour vs. all foods. Abstaining from particular substances such as sugar, allows most compulsive overeaters to lose weight and eat moderately. Loss of control is often reported upon the reintroduction of certain food substances.