



CIGNA Behavioral Health

WHEN FOOD BECOMES A PROBLEM

Warning Signs of Eating Disorders

**Could I have an eating disorder?
Maybe, over 30 million Americans do.**

Each problem is unique, but eating disorders have warning signals. And while many of us occasionally experience unusual behavior, feelings or thoughts about food, having too many of these symptoms too often may signal an eating disorder.

You should be aware of these warning signs:

- fear of being unable to stop eating once you start
- abusing drugs or alcohol before “binge eating”
- intentional vomiting after meals
- constant low-calorie or crash dieting
- compulsive exercise with strict “exercise rules”
- using body weight and being thin to measure self-worth
- thinking or talking constantly about food
- refusing to discuss food at all
- using food to hide anger, loneliness or feelings of rejection

If you are concerned about eating behaviors or attitudes, whether your own or a friend’s or family member’s, consider professional help. Your doctor or other health professional can help you get information about eating disorders and treatment options.