**Symptoms of Eating Disorders Teacher Resource:**

**Note** – There is overlap for some symptoms across the three most common eating disorders

Anorexia Nervosa:

* Low weight
* Restriction
* Cold
* Fear of gaining weight
* Distorted Body Image
* Exercise/Binge/Purge
* Control
* Lying about eating
* Fine hair
* Dry skin
* Bloating and constipation
* Strict rules with regards to eating
* Headaches
* Stunted growth (if a child or adolescent)

Bulimia Nervosa:

* Binge eating
* Purging behaviours – vomiting, laxative misuse
* Compensating
* Fear of putting weight on
* Changes in mood
* Critical perspective of one’s body
* Healthy weight
* Lethargic
* Swollen face due to vomiting
* Frequent bathroom visits, especially after food
* Excessive exercise

Binge Eating Disorder:

* Eating large amounts in a quick time frame
* Eating rapidly
* Eating in secret
* Distress around bingeing episodes especially after an episode
* Projects a lack of control during a binge
* Binge episodes can vary in duration

**Homework Task:**

 OSFED:

* Umbrella term given to those who don’t exactly fit into either Anorexia, Bulimia or Binge eating disorder
* Atypical Anorexia – All symptoms except they are a healthy weight
* Bulimia – The binge / purge episodes are not as frequent or happens over a prolonged period of time
* Binge eating disorder – Same as above

ARFID:

* Avoid certain foods
* Restrict food intake
* A sudden refusal to eat a certain / all foods
* Little to no appetite for reasons unknown
* Stunted growth
* Struggles to eat around people
* Eating slowly

 PICA:

* Eating items that are not normally viewed as food

Rumination:

* Habitual habits of regurgitating food on a regular basis
* Re-chewing and swallowing the food that has been regurgitated in their mouth
* Mouth / body movements that are associated with food regurgitation
* Avoiding eating food around others
* Malnutrition
* Weight loss
* Hiding the regurgitation behind other behaviours such as coughing

Orthorexia:

* Has to eat food that is deemed as ‘healthy’ / only ‘clean eating’
* Cut out foods entirely that are seen as ‘unhealthy’
* Poor concentration
* Feelings of guilt if they eat an ‘unhealthy’ food
* Low mood
* Weight loss
* Lethargy
* Cold

Diabulimia:

* Someone with Type 1 Diabetes skips their injection in order to lose weight
* Regular changes in weight
* Avoiding appointments
* Acting ‘awkward’ around their injections / discussions regarding their injection
* Being thirsty
* Frequent bathroom visits
* Lethargy
* Blurred vision