










What is Disordered Eating?

Disordered eating is when a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness and safety. Disordered eating may begin as a way to lose a few pounds or get in shape, but these behaviors can quickly get out of control, become obsessions, and may even turn into an eating disorder.

Questions to ask yourself:

-  Do I constantly calculate numbers of fat grams and calories?
-  Do I weigh myself often and find I am obsessed with the number on the scale?
-  Do I exercise just to burn calories and not for health and enjoyment?
-  Do I ever feel out of control when eating?
-  Do my eating patterns include extreme dieting, preferences for certain foods, withdrawn or ritualized behavior at mealtime or secretive bingeing?
-  Have weight loss, dieting, and or control of food become one of my major concerns?
-  Do I feel ashamed, disgusted or guilty after eating?
-  Do I constantly worry about the weight, shape or size of my body?
-  Do I feel like my identity and value is based on how I look or how much I weigh?

If you answered "yes" to any of these questions, you could be dealing with disordered eating. These attitudes and behaviors can take a toll on your mental, emotional and physical well being. It is important to deal with your attitudes and behaviors now, rather than waiting until your situation gets more serious than you can handle.

For more information visit www.usu.edu/swc