

Do you know the warning signs of an eating disorder?



In a recent survey conducted on behalf of the National Eating Disorder Information Centre (NEDIC), 50% of Canadians report having a personal experience with this problem. Either they themselves, or someone they know, has or has had an eating disorder.

It is true that we are constantly bombarded with information about the health and social benefits of being at a healthy weight. NEDIC points out that for many people, these messages are confusing and can often lead to developing an unhealthy obsession with food and weight.

Do you know the warning signs? The following statements are a starting point for reviewing your own attitude:

- I frequently think about food, weight or the way I look.
- I often feel ashamed or guilty about what I eat.
- I eat in secret or lie about what I have eaten.
- I regularly weigh myself and my mood depends on the number on the scale.
- I obsess about parts of my body that are "fat", no matter my size or how much I weigh.
- I count the calories of everything I eat or drink.
- I regard foods as "good" or "bad" and feel good or bad depending on which I eat.

If any of these sentiments sound familiar, it may be time to talk to someone and learn more about eating disorders. More information is available online at nedic.ca or toll-free at 1-866-NEDIC-20 or 416-340-4156.