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## RESPOND HONESTLY TO THESE QUESTIONS

Do you:

- Constantly think about your food, weight, or body image?
- Have difficulty concentrating because of those thoughts?
- Worry about what your last meal is doing to your body?
- Experience guilt or shame around eating?
- Count calories or fat grams whenever you eat or drink?
- Feel “out of control” when it comes to food?
- Binge eat twice a week or more?
- Still feel fat when others tell you that you are thin?
- Obsess about the size of specific body parts?
- Weigh yourself several times daily?
- Exercise to lose weight even if you are ill or injured?
- Label foods as “good” and “bad”?
- Vomit after eating?
- Use laxatives or diuretics to keep your weight down?
- Severely limit your food intake?

*If you answered “yes” to any of these questions, your attitudes and behaviors around food and weight may need to be seriously addressed. An eating disorders professional can give you a thorough assessment, honest feedback and advice about what you may want to do next.*

## WARNING SIGNS

- ✓ An obvious increase or decrease in weight not related to a medical condition
- ✓ Abnormal eating habits, such as severe dieting, ritualized mealtime behaviors, fear of dietary fat, secretive bingeing, or lying about food
- ✓ An intense preoccupation with weight and body image
- ✓ Mood swings, depression, and/or irritability
- ✓ Compulsive or excessive exercising, especially without adequate nutritional intake or when injured or ill