Warning Signs of Binge Eating Disorder



- [ ] Evidence of binge-eating, including disappearance of large amounts of food in short periods of time or the existence of wrappers and containers indicating the consumption of large amount of food.
- [ ] Withdrawal from usual friends and activities.
- [ ] Dramatic weight gain or weight fluctuations.
- [ ] Eating large amounts of food when not physically hungry.
- [ ] Eating much more rapidly than normal.
- [ ] Eating until the point of feeling uncomfortably full.
- [ ] Often eating alone because of shame or embarrassment.
- [ ] Feelings of depression, disgust, or guilt after eating.

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