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WHEN DOES CONCERN WITH FOOD AND WEIGHT TURN INTO AN EATING DISORDER ?

“An eating disorder exists when one’s attitudes toward food and weight has gone awry – when one’s feelings about work, school, relationships, day-to-day activities, and one’s experience of emotional well-being are determined by what has or has not been eaten or by the number on the scale.”

Reproduced from Siegel, M., Brisman, J., & Weinschel, M. (1997). Surviving and Eating Disorder: Statistics for Family and Friends. New York: HarperPerrenial.

