What is Disordered Eating?

Disordered eating refers to a collection of symptoms or behaviours around eating that are abnormal but do not meet the criteria for an eating disorder to be diagnosed.

Disordered eating occurs when an individual moves away from eating for nourishment and following cues from the body, and towards eating to meet goals or follow rules.

Disordered eaters may:

have food anxiety	have body dysmorphia	link self worth, weight and appearance
display weight controlling behaviours such as self-induced vomiting	over exercise	obsess over calorie intake
avoid food groups or types	skip meals	engage in food rituals
have quantity restrictions	use supplements or pills to control food intake	follow fad diets

Disordered eaters may:

miss school	struggle to participate in events that include food	appear to have an inadequate lunch box
feel faint	have high occurrence of illness	need a buddy system for meal breaks
struggle with memory, concentration	have a food and nutrition plan that requires school support	become anxious and withdrawn

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