

# 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.