<table>
<thead>
<tr>
<th>GREEN</th>
<th>ORANGE</th>
<th>RED</th>
</tr>
</thead>
</table>
| Choose food for hunger & preference  
· Social eating  
· Lack of guilt/shame around eating  
· Body Acceptance  
· Healthy weight for age & body type  
· General feeling of wellbeing & vitality  
· Socially engaged | · Dieting, fasting  
· Social withdrawal  
· Increased exercise, steroids  
· Change in food preferences; lying about food; feel guilt & shame  
· Over-focus on food, weight, shape  
· Anxious about food, avoiding social eating  
· Body checking/dissatisfaction  
· Mood changes; anxiety  
· Weight loss/gain/fluctuation | · Binge eating  
· Vomiting or laxative use  
· Not eating enough to meet nutritional needs  
· Rapid weight loss or gain  
· Fainting, feeling cold  
· Change/loss of menses  
· Swelling around jaw  
· Dehydration  
· Compulsive exercise |

TREATMENT
AWARENESS/IDENTIFICATION
PREVENTION