



GREEN

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

PREVENTION



ORANGE

- 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

AWARENESS/IDENTIFICATION



RED

- 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

