

SIGNS AND SYMPTOMS

to be on the lookout for

Emotional

Preoccupation with weight
 Calorie counting
 Weighing self
 Withdrawing from others
 “Fat talk”
 Obsessive thinking
 Anxiety if unable to engage in food or exercise behaviors
 Struggles with self-esteem
 Increased feelings of shame
 Frequent mood shifts



Physical

Noticeable weight gain or loss
 Changes in menstrual cycles
 Abnormal blood work results
 Difficulty regulating body temperature
 Tooth decay
 Dizziness
 Difficulty concentrating or making decisions
 Fainting
 Irregular sleep
 Excessive fine hair growth on body
 Increased gastrointestinal complaints



Behavioral

Body checking
 Avoidance of mirrors
 Frequent use of restroom
 Frequent teeth brushing
 Skipping meals
 Declining meals, sharing food or invitations
 Eliminating one or more food groups from diet
 Eating in private frequently or hiding food
 Frequent dieting
 Mismanaging diabetes medication/insulin

MEAL SUPPORT GUIDE

Do's and Don'ts

Caregiver Do's

Prepare and serve meals in the same way you would have prior to the ED.



Decide on the amount and variety of food (it will always be overwhelming to your loved one and seem like too much).



Eat the same/similar foods as your loved one. It can be very triggering to your loved one if the caregiver eats differently.



Create balanced meals and try to include ALL THE FOOD GROUPS.



Stay with your loved one throughout the ENTIRE meal. Monitor their mood and food intake. This also demonstrates moral and emotional support.



Use distractions as needed to help your loved one through the meal. Keep distractions light-hearted.



Be empathic, caring, and supportive, but also firm. It can be a tough balance to find!



Remember: any pushback or conflict is coming from a place of FEAR.



Caregiver Don'ts

Comment on food, diets, or other nutrition messages such as weight, shape, calories, fat and carbohydrates.

Negotiate about the served meal.

Discuss body image - related issues or other people's (including your own) appearance.

Assume your loved one ate their food if you did not see them eat it. Staying with them for meals helps to eliminate (or lessen) conflict around asking questions/checking in to see if they ate properly.

Don't get up from the table, answer your phone, internet/computer, text, use the bathroom etc.

Have intense or difficult discussions at the table/at meal times.

Express anger or frustration that you may feel toward your loved one. They are not being willfully disobedient.

Praise your loved one after eating. For some people this can be very triggering, even though it comes from a good place and is meant to be encouraging.

RESOURCE GUIDE

for Caregivers

Support Groups



National Allianance for Eating Disorders:
[online support group](#)

[Eating Disorder Family Support Network](#)

Contact [EDCI](#) to express interest in
joining a virtual support group for lowans

Becky Henry resources:

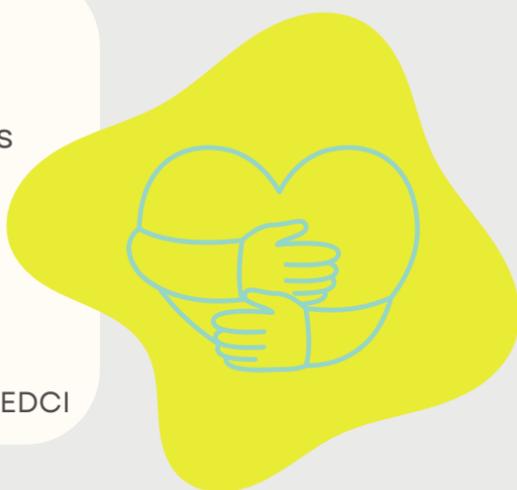
Hope Network [HUG Kits](#)

Video series with associated handouts
and a copy of Becky Henry's book.

Recovery [Roadmaps](#)

Webinar Series

*USE CODE EDCI



Funding resources:



Resources to apply for financial
assistance for higher levels of ED
treatment:

[The Kristen Haglund Foundation](#)

[Project Heal](#)

[With All](#)

[Moonshadow's Spirit Organization](#)

[Rebecca's Eating Disorder Foundation](#)

[Mary Rose Foundation](#)

[Manna Fund](#)

Parent toolkits:

National Eating Disorder Association
comprehensive [toolkit](#) for parents

F.E.A.S.T [toolkits](#) available in multiple
languages

General Do's and Don'ts [handout](#)

