

Mayo Clinic Minute

5 signs your teen might have an eating disorder

Video	Audio
	Let's face it: Teenagers can be weird, especially when it comes to food.
	So it can be hard to tell when teenage weirdness crosses a line into an eating disorder.
00:01:21 Jocelyn Lebow, Ph.D. Child Psychology Mayo Clinic	"They tend to start off, honestly, trying to be healthy, trying to, you know, get in shape.
	Dr. Jocelyn Lebow, a Mayo Clinic child psychologist who specializes in treating eating disorders, says as many as 60 percent of teens show behaviors associated with disordered eating.
	That's why she says parents should always be paying attention to their teen's eating habits and these five signs of an eating disorder.
	No. 1: Excessive dieting, like only eating a few bites at meals or never ever eating snacks or desserts
	No. 2: Excessive exercise
	No. 3: Withdrawing from friends, family and activities the teen normally enjoys
	No. 4: Fasting
	And No. 5: Hiding food and only eating when nobody is around
00:01:40	"I would say, rule of thumb, is they're either not eating enough to allow them to grow, to allow them to have energy to do what they need to do, or, so, that it's impacting their mood, that's a problem."
	For the Mayo Clinic News Network, I'm Ian Roth.