

# Signs and symptoms of undereating

- Low energy levels
- Low motivation
- Obsessing over your food and/or body
- Feeling guilty about eating
- Feeling cold all the time or having
  - cold fingers and toes
- Dry skin, hair and nails
- Low mood
- Anxious / stressed
- Negative or mean self-talk
- Brain fog / trouble concentrating
- Dizziness
- Missing or irregular periods
- Hair falling out
- Skin is slow to heal or bruising easily
- Feeling weak
- Gut symptoms:
  - Bloating
  - Nausea
  - Fullness after only eating a small amount
  - Reflux
  - Constipation
  - Loose bowels
- Trouble sleeping
- No longer laughing or playing