



Starvation and Restrictive Eating Symptoms

Preoccupation with food

Impaired concentration

Indecisiveness

Mood swings

Sleep disturbances

Social isolation

Depression

Loss of control when food is available

Loss of muscle and other body proteins, due to inadequate carbohydrate or total caloric intake

Depressed immune system and water retention

Reduced energy expenditure

Modified sense of taste, leading to changes in appetite

Constipation, due to low calories and fiber intake

Slower emptying of food from the stomach, which can cause bloating and early satiety

Binge eating

Amenorrhea (absence of menstrual periods), related to overall malnutrition

Osteoporosis

Fluid and mineral abnormalities

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