Eating expectancies are learned expectations regarding eating that are associated with disordered eating characteristics and developed experientially. However, little information exists about whether the experience of trauma increases the likelihood of developing certain eating expectancies. Thus, the current study investigated the impact of childhood trauma exposure on eating expectancies, disordered eating, and their associations. A total of 712 (61.1% female) participants completed a self-report questionnaire that included the Eating Expectancy Inventory (EEI), the Eating Pathology Symptoms Inventory (EPSI), the Childhood Traumatic Events Scale (CTES), and various demographic questions. Descriptive statistics, T-tests, and linear regression analyses were conducted. Significant differences in eating expectancies and disordered eating characteristics were found only for body dissatisfaction, with the trauma group having a higher mean score than the no trauma group. Moreover, trauma significantly influenced the association between all five eating expectancies and body dissatisfaction. However, the effect of trauma on the association remained consistent for individuals both with and without a history of trauma. Results suggest that certain eating expectancies significantly contribute to body dissatisfaction, regardless of trauma status, and that trauma exacerbates this effect. Thus, addressing both trauma status and endorsement of negative eating expectancies is important in effective intervention for disordered eating.