

Are You an Intuitive Eater Quiz

This quiz is adapted from Tracy Tylka's research on Intuitive Eating (2006). It will give you an indication of whether you are an Intuitive Eater, or perhaps where you might need some further work.

Directions: The following statements are grouped into Tylka's three core characteristics of Intuitive Eaters. Answer "yes" or "no" for each statement. If you are unsure of how to respond, consider if the description usually applies to you – is it mostly "yes" or "no"?

Unconditional Permission to Eat

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| Yes | No | 1. I try to avoid certain foods high in fat, carbs, or kcal. |
| Yes | No | 2. If I am craving a certain food, I don't allow myself to have it. |
| Yes | No | 3. I follow eating rules of diet plans that dictate what, when, and/or how to eat. |
| Yes | No | 4. I get mad at myself for eating something unhealthy. |
| Yes | No | 5. I have forbidden foods that I don't allow myself to eat. |

Eating For Emotional Rather Than Physical Reasons

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| Yes | No | 1. I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry. |
| Yes | No | 2. I find myself eating when I am bored, even when I'm not physically hungry. |
| Yes | No | 3. I cannot stop eating when I feel full (not overstuffed). |
| Yes | No | 4. I find myself eating when I am lonely, even when I'm not physically hungry. |
| Yes | No | 5. I use food to help me soothe my negative emotions. |
| Yes | No | 6. I find myself eating when I am stressed, even when I'm not physically hungry. |

Reliance on Internal Hunger/Satiety Cues

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| Yes | No | 1. I cannot tell when I'm slightly full. |
| Yes | No | 2. I cannot tell when I'm slightly hungry. |
| Yes | No | 3. I do not trust my body to tell me <i>when</i> to eat. |
| Yes | No | 4. I do not trust my body to tell me <i>what</i> to eat. |
| Yes | No | 5. I do not trust my body to tell me <i>how much</i> to eat. |
| Yes | No | 6. When I'm eating, I cannot tell when I am getting full. |

Scoring: Each “yes” statement indicates an area that likely needs some work. The section with the greatest amount of “yes” responses indicates the area that needs the most attention.

Source: Intuitive Eating, A Revolutionary Program That Works by Evelyn Tribole, M.S., R.D., and Elyse Resch, M.S., R.D., R.A.D.A, C.E.D.R.D.