

What Kind of Eater Are You?

1) The Unconscious eater:

Waste-Not Eater

- a) Do you eat the leftovers of others? Yes ___ No ___
- b) Do you feel bad about throwing food out therefore must finish your plate even if you are not hungry anymore? Yes ___ No ___
- c) Do you usually eat food available in meetings, offices or on counter tops without pausing to think about your hunger or if you LIKE the food? Yes ___ No ___

Distracted Eater

- a) Do you read or watch tv during meals? Yes ___ No ___
- b) Do you “zone out” with food in the evening? Yes ___ No ___
- c) Do you rarely take the time to acknowledge how food tastes or your level of hunger or satiety? Yes ___ No ___

Chaotic eater

- a) Are you a very busy person and put little thought into meal planning? Yes ___ No ___
- b) Do you eat what is available when time permits? Yes ___ No ___
- c) Is the most important quality about food is how fast it can be made and consumed? Yes ___ No ___

2) The Emotional eater

- a) Do you eat to cope with feelings like sadness, anger and boredom? Yes ___ No ___
- b) Does eating food bring you short term feelings of happiness? Yes ___ No ___
- c) After the binges, do you feel guilty from what and how much food you ate AND the feelings of sadness, anger, or boredom return? Yes ___ No ___

3) The Careful eater

- a) Do you appear to have the perfect diet to others? Yes ___ No ___
- b) Do you only eat foods that meet your health standards? Yes ___ No ___
- c) Do you only eat “unhealthy” food in private? Yes ___ No ___

4) The Chronic dieter

- a) Are you constantly trying the next diet that promises weight-loss? Yes ___ No ___
- b) Do you experience extreme guilt if you “break the diet rules”? Yes ___ No ___
- c) Do you feel out of control when you “give in” to your cravings? Yes ___ No ___

5) The Intuitive eater

- a) Do you allow yourself to eat when you are hungry? Yes ___ No ___
- b) Do you allow yourself to eat food that gives you pleasure without guilt? Yes ___ No ___
- c) Do you usually stop eating when you are full? Yes ___ No ___

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Scoring:

Look at the answers to which you responded “yes”.

The section that contains the most “yes” answers is your dominant eating style.

The dominant eating style should become your focus for how to repair your relationship with food.

The secondary eating styles will be addressed overtime once your dominant eating style has been resolved... most of the time.

Dieter



Doesn't eat pizza at office party, but wants to. Goes home and overeats at dinner to try and satisfy the craving.

Intuitive Eater



Wants a slice of pizza at the office party and eats it. Goes home to have a light dinner because they are less hungry.

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