

## Bratman Test Orthorexia Evaluation

1. Do you spend more than 3 hours a day thinking about your diet?
2. Do you plan your meals several days ahead?
3. Is the nutritional value of your meal more important than the pleasure of eating it?
4. Has the quality of your life decreased as the quality of your diet has increased?
5. Have you become stricter with yourself lately?
6. Does your self-esteem get a boost from eating healthy?
7. Have you given up foods you used to enjoy in order to eat the "right" foods?
8. Does your diet make it difficult for you to eat out, distancing you from family and friends?
9. Do you feel guilty when you stray from your diet?
10. Do you feel at peace with yourself and in total control when you eat healthy?

### Scoring

Yes to 4-5 of the questions – it is time to relax more about food

Yes to most all of the questions – a full-blown obsession with eating "healthy" food.