

Healthy, Happy, and Hip Your Eating Style

Circle each statement
with a True or False

I eat too much food	T F	I snack often	T F
I don't eat enough food	T F	I drink my calories	T F
I eat when I am lonely	T F	I don't eat breakfast often	T F
I can't resist sweets	T F	Dinner is my biggest meal	T F
I can't resist salty foods	T F	I wake up starving	T F
I can resist crunchy foods	T F	I wake up full	T F
I can't resist creamy foods	T F	I know when I am full and stop eating	T F
I don't like food at all	T F	I do not recognize when I am full	
I eat really fast	T F	until I am stuffed	T F
I eat really slow	T F	I am terrified of food	T F
I reach for food mindlessly	T F	I would rather drink than eat	T F
I eat more when I am socializing	T F	I eat at night after dinner	T F
I eat when I am stressed or anxious	T F	I eat a varied diet	T F
I eat when I am bored	T F	I eat the same foods again and again	T F
I use food as a reward	T F	I eat in the car	T F
I eat in front of the TV or computer	T F	I eat in secret	T F
I eat in the car	T F	I eat only alone	T F
I eat only when I am hungry	T F	I eat what I want	T F
I graze all day rather than eat meals	T F	I eat what I think I should	T F
I eat my kids leftovers	T F	I eat when I'm hungry	T F
Once I start eating, I can't stop	T F	I eat at set times	T F