

# DO YOU HAVE A

## *healthy relationship with food?*

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	YES	NO
1. Can you eat when you are hungry and quit when you are satisfied?	_____	_____
2. Do you stop eating because you <i>think</i> you should (as opposed to because your body is satisfied)?	_____	_____
3. Do you make food choices based on foods you enjoy?	_____	_____
4. Do you become physically uncomfortable (such as weak, tired, dizzy, a headache) when you under-eat or diet?	_____	_____
5. Do you feel that your food selections are a combination of “healthy foods” and “pleasurable foods”?	_____	_____
6. Do you <i>have</i> to eat in a certain pattern— <i>always</i> three meals a day or always at a certain time of the day?	_____	_____
7. Do you trust that if you eat when you are hungry and stop when you are satisfied, <i>you will not get fat</i> ?	_____	_____
8. Do you feel guilty when you eat to the point that you are stuffed and uncomfortable?	_____	_____
9. Can you balance the time you give to thoughts about food, weight and dieting with other important aspects of you life, such as relationships, work and self-development?	_____	_____
10. Do you watch what other people eat and use that to determine what and how much you will eat?	_____	_____
11. Can you leave some cookies on the plate because you know you can have some tomorrow?	_____	_____
12. Do you usually pick foods based on their calorie content?	_____	_____

### SCORING

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Add up all the “no” responses to the **odd-numbered** questions.  
Give one point for each “no” and put that number here

\_\_\_\_\_

Add up all the “yes” responses to the **even-numbered** questions.  
Give one point for each “yes” and put that number here

\_\_\_\_\_

**Total both the numbers here**

\_\_\_\_\_

- Turn Over For Interpretation -

## INTERPRETATION\*

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This survey is designed to help you reflect on your relationship with food. “Normal” eating is flexible. It varies in response to emotions, daily activities, hunger and proximity to food.

**Scores between 0 and 3.** These scores generally indicate a healthy attitude toward food and eating.

**Scores between 4 and 8.** These scores suggest that cultural pressures about appearance and ideas about how much and what kinds of foods to eat may be negatively affecting self-acceptance and overall happiness. Exploring these issues may be helpful.

**Scores between 9 and 12.** These scores suggest serious issues with food, ranging from food obsession to an eating disorder. These issues could be interfering with daily life and may negatively affect overall health. Professional assistance is recommended to deal with thoughts, feelings, and behaviors related to food and body image. Medical evaluation and intervention may also be needed to address health concerns.

**\*Note:** The “Healthy Relationship with Food” quiz can only give results based on the limited number of questions asked. It cannot account for the truthfulness of the answers, only for self-reporting of each participant. The interpretations given are for informational and educational purposes only, and do not constitute or substitute for any psychological and medical evaluations performed by a qualified professional, nor for any psychological or medical treatment. If psychological or medical evaluation and treatment are indicated, immediately consult a qualified professional.

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**For more information about food, weight or body-image issues, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit [www.renfrew.org](http://www.renfrew.org).**

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