

## **Are You An Intuitive Eater?**

(by Tribole & Resch)

This quiz can help you determine if you are an intuitive eater or if there are areas that you may need to work on.

**Directions:** Circle “yes” or “no” in response to each statement. If you are unsure, ask yourself if it is mostly “yes” or mostly “no”.

### **Part One: Unconditional Permission To Eat**

Yes	No	I try to avoid certain foods high in fat, carbs, or calories.
Yes	No	If I am craving a certain food, I don't allow myself to have it.
Yes	No	I get mad at myself for eating something unhealthy.
Yes	No	I have forbidden foods that I don't allow myself to eat.
Yes	No	I don't allow myself to eat what food I desire at the moment.
Yes	No	I follow eating rules or diet plans that dictate what, when, and/or how to eat.

### **Part Two: Eating For Physical Rather Than Emotional Reasons**

Yes	No	I find myself eating when I'm feeling emotional (e.g., anxious, sad, depressed, stressed) even when I'm not physically hungry.
Yes	No	When I am lonely, I turn to food for comfort.
Yes	No	I cannot stop eating when I feel full.
Yes	No	When I am bored, I eat just for something to do.
Yes	No	I use food to help soothe my negative emotions.
Yes	No	I have difficulty finding ways to cope with negative emotions (e.g., anxiety, sadness, stress) other than by eating.

### **Part Three: Reliance On Internal Hunger/Satiety Cues (Trust)**

Yes	No	I trust my body to tell me <i>when</i> to eat.
Yes	No	I trust my body to tell me <i>what</i> to eat.
Yes	No	I trust my body to tell me <i>how much</i> to eat.
Yes	No	I rely on my hunger signals to tell me when to eat.
Yes	No	I rely on my fullness/satiety signals to tell me when to stop eating.
Yes	No	I trust my body to tell me when to stop eating.

**Part Four: Body-Food Choice Congruence**

Yes	No	Most of the time, I desire to eat nutritious foods.
Yes	No	I mostly eat foods that make my body perform efficiently.
Yes	No	I mostly eat foods that give my body energy and stamina.

**Scoring**

- ☐ Parts 1 & 2: Each “yes” statement indicates an area that likely needs some work.
- ☐ Parts 3 & 4: Each “no” statement indicates an area that likely needs some work.