Intuitive Eating Assessment

These statements are grouped into the three core characteristics of an Intuitive Eater. Check any of the following statements that apply. The greater amount of checked boxes in a category, the greater the misattunement.

### Unconditional Permission to Eat

- I try to avoid "bad" foods that are high in fat or carbohydrates.
- I do not allow myself to eat the foods I’m craving.
- When I eat something unhealthy, I get mad at myself and feel guilty.
- I do not allow myself to eat from my “forbidden foods” list.
- I follow a diet plan that tells me what, when and how to eat.

### Reliance on Internal Hunger/Satiety Cues

- I can’t tell when I am full.
- I can’t tell when I am hungry.
- I can’t tell when I am getting full while eating.
- I don’t trust my body to tell me when it’s full.
- I don’t trust that my body knows what to eat.
- I don’t trust that my body knows how much it needs to eat.

### Eating for Physical Rather than Emotional Reasons

- Even when I feel overstuffed, I cannot stop eating.
- When I feel anxious, sad, or depressed, I find myself eating even if I’m not physically hungry.
- When I feel bored, I find myself eating, even if I’m not physically hungry.
- When I feel lonely, I find myself eating, even if I’m not physically hungry.
- When I feel stressed, I find myself eating, even if I’m not physically hungry.
- I use food to self-soothe when I am feeling negative emotions.

If you find that you check many boxes in more than one section, you may not be in tune with your internal intuitive eater. An intuitive eating dietitian can help you find and use those skills!

*For a nutrition coaching appointment, contact Emily at 469-952-7715 or zenandspice@gmail.com.*