

Eating Issues Continuum

Food is not an issue	Healthy concerns	Food Obsessed / Preoccupied	Disruptive Eating Patterns	Eating Disordered
<p>I am not concerned about what or how much I eat</p> <p>I feel no guilt or shame no matter what I eat or how much I eat</p> <p>Exercise is not really important to me</p> <p>I choose foods based on cost, taste and convenience with little regard to health</p> <p>My eating is sporadic and irregular. I don't worry about meals I just eat whenever and whatever I can</p>	<p>I pay attention to what I eat to maintain a healthy body</p> <p>Food and exercise are important parts of my life, but they only occupy a small part of my time</p> <p>I enjoy eating and I balance my pleasure with eating with my concern for a healthy body</p> <p>I usually eat 3 balanced meals daily, plus snacks, to fuel my body with energy</p> <p>I am moderate and flexible in my goals for eating well and being active</p>	<p>I think about food a lot</p> <p>I'm obsessed with reading books, magazines, articles about dieting, fitness and weight control</p> <p>I sometime miss school/work/social events because of my diet or exercise schedule</p> <p>I divide food into "good" and "bad" categories</p> <p>I feel guilty when I eat "bad" foods or when I eat more than what I feel I should be eating</p> <p>I am afraid of gaining weight</p> <p>I wish I could change how much I want to eat</p>	<p>My food / exercise concerns are starting to interfere with my school/work/social life</p> <p>I use food to comfort myself</p> <p>I have tried diet pills, laxatives, vomiting or exercise more in order to lose/maintain weight</p> <p>I have fasted or avoided eating for long periods of time in order to lose/maintain weight</p> <p>If I cannot exercise to burn calories, I panic</p> <p>I feel strong when I can restrict how much I eat</p> <p>I feel out of control when I eat more than I wanted to</p>	<p>I worry about what I will eat or when I will exercise all of the time</p> <p>I follow a rigid eating plan and now precisely how many calories I should eat everyday</p> <p>I feel incredible guilt, shame and anxiety when I break my diet</p> <p>I regularly stuff myself and then exercise/vomit or use laxatives to get rid of the food</p> <p>My friends and family tell me I am too thin, but I feel fat</p> <p>I am out of control when I eat</p> <p>I am afraid to eat in front of others</p>