

What is Your Relationship with Food?

YES NO

Can you eat when you are hungry and quit when you are satisfied?

Do you stop eating because you think you should (as opposed to because your body is satisfied)?

Do you make food choices based on foods you enjoy?

Do you become physically uncomfortable (such as weak, tired, dizzy, a headache) when you under-eat or diet?

Do you feel that your food selections are a combination of "healthy foods" and "pleasurable foods"?

Do you have to eat in a certain pattern—always three meals a day or always at a certain time of the day?

YES NO

Do you trust that if you eat when you are hungry and stop when you are satisfied, you will not get fat?

Do you feel guilty when you eat to the point that you are stuffed and uncomfortable?

Can you balance the time you give to thoughts about food, weight and dieting with other important aspects of your life, such as relationships, work and self-development?

Do you watch what other people eat and use that to determine what and how much you will eat?

Can you leave some cookies on the plate because you know you can have some tomorrow?

Do you usually pick foods based on their calorie content?

(Continued on next page)

What is Your Relationship with Food? (con't)

SCORING

Add up all the "no" responses to the odd-numbered questions.

Give one point for each "no" _____

Add up all the "yes" responses to the even-numbered questions.

Give one point for each "yes" _____

INTERPRETATION*

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. Wellness Education provides lots of resources to help. Visit us in the Marshall Student Center, 1504.

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. Consider contacting some of our Wellness USF Departments:

- The **Counseling Center** offers individual counseling and a variety of wellness outreach programs.
- **Student Health Services** offers medical support for illnesses and provides medical exams.
- **Wellness Education Center** provides educational materials, hosts events, fun activities, and wellness workshops for all kinds of topics. Visit them in the Marshall Student Center (1504).
- The **Campus Recreation Center** can help you with fitness programs designed to meet your needs.

**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. found a link that allows you to place on sites yet.*

This quiz has been adapted from The Renfrew Center