

## Eating Assessment Tool

Please fill out this tool before your dietitian visit. This tool will be used as a foundation for your visit. For each item below, please circle the answer that best characterizes your attitudes and behaviors.

1) I try to avoid certain foods high in fat, carbs, calories.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
2) I have forbidden foods that I don't allow myself to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
3) I get mad at myself for eating something unhealthy				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
4) If I am craving a certain food, I allow myself to have it.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
5) I allow myself to eat what food I desire at the moment.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
6) I do NOT follow eating rules or dieting plans that dictate what, when and/or how much to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
7) I find myself eating when I'm feeling emotional (eg anxious, depressed, sad), even when I'm not physically hungry.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
8) I find myself eating when I am lonely, even when I'm not physically hungry.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
9) I use food to help soothe my negative emotions.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
10) I find myself eating when I am stressed out, even when I'm not physically hungry.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
11) I am able to cope with my negative emotions (eg anxiety, sadness) without turning to food for comfort.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

12) When I am bored, I do NOT eat just for something to do				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
13) When I am lonely, I do NOT turn to food for comfort.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
14) I find other ways to cope with stress and anxiety than by eating.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
15) I trust my body to tell me when to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
16) I trust my body to tell me what to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
17) I trust my body to tell me how much to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
18) I rely on my hunger signals to tell me when to eat.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
19) I rely on my fullness (satiety) signals to tell me when to stop eating.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
20) I trust my body to tell me when to stop eating.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
21) Most of the time I desire to eat nutritious foods.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
22) I mostly eat foods that make my body perform efficiently (well).				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
23) I mostly eat foods that give my body energy and stamina.				
1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree