



ARE YOU AN INTUITIVE EATER?

To the best of your ability, circle YES or NO for each question.

1. Without really trying, I naturally select the right types and amounts of food to be healthy.	Yes or No
2. I generally count calories before deciding if something is OK to eat.	Yes or No
3. One of my main reasons for exercising is to manage my weight.	Yes or No
4. I seldom eat unless I notice that I am physically hungry.	Yes or No
5. I am hopeful that I will someday find a new diet that will actually work for me.	Yes or No
6. The health and strength of my body is more important to me than how much I weigh.	Yes or No
7. I often turn to food when I feel sad, anxious, lonely, or stressed out.	Yes or No
8. There are certain foods that I really like, but I try to avoid them so that I won't gain weight.	Yes or No
9. I am often frustrated with my body size and wish that I could control it better.	Yes or No
10. I consciously try to eat whatever kind of food I think will satisfy my hunger the best.	Yes or No
11. I am afraid to be around some foods because I don't want to be tempted to indulge myself.	Yes or No
12. I am happy with my body even if it isn't very good looking.	Yes or No

13. I normally eat slowly and pay attention to how physically satisfying my food is.	Yes or No
14. I am often either on a diet or seriously considering going on a diet.	Yes or No
15. I usually feel like a failure when I eat more than I should.	Yes or No
16. After eating, I often realize that I am fuller than I would like to be.	Yes or No
17. I often feel physically weak and hungry because I am dieting to control my weight.	Yes or No
18. I often put off buying clothes, participating in fun activities, or going on vacations (hoping I can get thinner first).	Yes or No
19. When I feel especially good or happy, I like to celebrate by eating.	Yes or No
20. I often find myself looking for something to eat or making plans to eat—even when I am not really hungry.	Yes or No
21. I feel pressure from those around me to control my weight or watch what I eat.	Yes or No
22. I worry more about how fattening a food might be, rather than how nutritious it might be.	Yes or No
23. It's hard to resist eating something good if it is around me, even if I'm not very hungry.	Yes or No
24. On social occasions, I feel pressure to eat the way those around me are eating—even if I am not hungry.	Yes or No
25. I honestly don't care how much I weigh, as long as I'm physically fit, healthy, and can do the things I want.	Yes or No

26. I feel safest if I have a diet plan, or diet menu, to guide my eating.	Yes or No
27. I mostly exercise because of how good it makes me feel physically.	Yes or No

How many did you mark “Yes” on questions 1, 4, 6, 10, 12, 13, 25, and 27?

7-8: You are an intuitive eater!

5-6: You are getting there, but are still hung up on a few key principles to intuitive eating.

< 4: There is work to do!

Any areas marked as “Yes” on the remaining questions (2, 3, 5, 7-9, 11, 14-24, 26) indicate an area that may need work. These questions represent common areas that we struggle in when we are still trapped in the diet mentality.

Visit Honeydew You for more balanced
Intuitive Eating support and information.
We believe the healthiest way to eat
involves both donuts & Brussels Sprouts.

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YOU