

QUIZ

WHAT TYPE OF EATER ARE YOU?

DO YOU PLAN WHAT YOU EAT IN A DAY?

- A. YES, IN DETAIL
- B. ONE I FOUND ONLINE
- C. NO, ON A WHIM
- D. SOMETIMES, DEPENDS ON THE DAY

ARE YOU ON A DIET CURRENTLY

- A. NOT OFFICIALLY BUT I'M HEALTH CONSCIOUS
- B. YES / PLANNING TO
- C. I DON'T HAVE TIME
- D. NO, DIETS DON'T SERVE ME

DO YOU TEND TO FOCUS ON THE NUTRITIONAL CONTENT OF THE FOOD YOU EAT?

- A. YES, I LABEL CHECK
- B. I COUNT MACROS AND SOMETIMES CERTAIN NUTRIENTS
- C. SOMETIMES, DEPENDS IF I HAVE TIME OR IF I'M GRABBING FOOD ON THE GO
- D. IT'S A FACTOR I CONSIDER

DO YOU TEND TO FINISH THE FOOD ON YOUR PLATE?

- A. MOSTLY, AS I TEND TO PLAN MY PORTION BEFOREHAND
- B. IT DEPENDS IF I'M HAVING A CHEAT DAY OR NOT
- C. YES, I WAS RAISED TO CLEAN MY PLATE
- D. SOMETIMES, DEPENDS HOW FULL I AM

DO YOU TALK TO OTHERS ABOUT WHAT YOU EAT?

- A. I DISCUSS MY VIEWS AROUND FOOD AND NUTRITION
- B. I'LL CHAT ABOUT THE DIET I'M ON / I'VE TRIED
- C. SOMETIMES
- D. I TEND TO STEER CLEAR OF THIS TOPIC

WHAT TYPE OF EATER ARE YOU?

DO YOU EAT MORE WHEN YOU'RE STRESSED / EMOTIONAL?

A. YES, IN DETAIL

C. NO, ON A WHIM

B. ONE I FOUND ONLINE

D. SOMETIMES, DEPENDS ON THE DAY

HOW DOES EATING AFFECT YOUR SOCIAL LIFE?

A. I CHECK MENUS BEFOREHAND, AND STICK TO WHAT I LIKE BUT OTHER THAN THAT NO EFFECT

C. NO EFFECT, I OFTEN EAT AT SOCIAL EVENTS. BUT THEY DON'T REVOLVE AROUND FOOD OFTEN.

B. ME AND FRIENDS TRY DIETS TOGETHER, SOMETIMES I BINGE IN SECRET

D. NO IT IS PART OF IT.

WHAT TYPE OF EATER ARE YOU?

MOSTLY A: CAREFUL CLEAN EATER

YOU ARE VIGILANT ABOUT WHAT GOES INTO YOUR BODY. YOU MIGHT HAVE EXPERIENCED ORTHOREXIA.

YOU MIGHT SPEND A LOT OF TIME PLANNING YOUR MEALS AND LOOKING AT LABELS.

YOUR RELATIONSHIP WITH FOOD IS VERY RIGID.

MOSTLY B: PROFESSIONAL DIETER

YOU MIGHT BE ON A DIET OR PLANNING TO START ONE (INCLUDING CUTTING BACK OR FASTING)

YOU MAY EXPERIENCE BINGE EATING WHEN DIETS FAIL.

YOU MIGHT HAVE TURNED TO STARVING, LAXATIVES, DIET PILLS ETC. IN THE PAST

MOSTLY C: UNCONSCIOUS EATER

OFTEN PAIRING EATING WITH OTHER THINGS

SUBSETS:

1. CHAOTIC UNCONSCIOUS: LIVES A BUSY LIFE SO GRABS FOOD ON THE GO, CAN GO HOURS WITHOUT EATING.
2. REFUSE NOT UNCONSCIOUS: THE MERE PRESENCE OF FOOD IS ENOUGH. NOT AWARE OF HOW MUCH YOU'RE EATING OR SOMETIMES THAT YOU'RE EATING AT ALL
3. WASTE-NOT: CLEANS THE PLATE, SOMETIMES INCLUDES LEFTOVERS.
4. EMOTIONAL: FOOD AS A WAY TO COPE WITH EMOTIONS. MAY EXPERIENCE CHRONIC BINGES.

MOSTLY D: INTUITIVE EATER

MARCH TO YOUR INNER HINGER SIGNALS.

EAT WHAT YOU WANT WITH NO GUILT.

AN UNAFFECTED EATER.

WHAT DOES THIS MEAN?

YOU NOW HAVE SOME MORE OF AN INSIGHT INTO WHAT TYPE OF EATER YOU ARE - IF NONE OF THESE COMPLETELY FIT YOU THAT'S NORMAL. HUMANS ARE COMPLICATED.

AND MAYBE YOU NOW KNOW WHAT YOU WANT TO WORK ON - TO WORK TOWARDS BEING AN INTUITIVE EATER.