

# Summary of Eating Styles



| Eating Style         | Trigger  | Characteristic  |
|----------------------|--|---|
| Unconscious Eating   | Eating while doing something else at the same time | Unaware of eating. Sitting down and eating is often viewed as a waste of time. Eating is usually paired with another activity to be productive.             |
| Chaotic Eating       | Over-scheduled life                                | Eating style is haphazard – “gulp’n go” when food is available. This eating is often associated with stress and tension.                                    |
| Refuse-Not Eating    | Presence of food                                   | This eating is encouraged by candy jars on desks, or food present at social gatherings or sitting openly on the kitchen counter.                            |
| Waste-Not Eating     | Cheap or free food                                 | Eating is often influenced by monetary value or cost of food. This eating is promoted by all-you-can-eat buffets and cheap food.                            |
| Emotional Eating     | Uncomfortable emotions                             | Stress or uncomfortable feelings trigger eating – especially when alone. This is eating in response to an emotion rather than physical hunger.              |
| Careful Eating       | Fitness and health                                 | Appears to be perfect eating, yet anguishing over each food morsel and its effect on the body. On the surface, this eating seems health and fitness driven. |
| Professional Dieting | Feeling fat  | Perpetual dieting, often trying the latest commercial diet or diet book.  |
| Intuitive Eating     | Biological hunger                                  | Making food choices without experiencing guilt or an ethical dilemma. Honoring hunger, respecting fullness, and enjoying the pleasure of eating.            |

Adapted from: *Intuitive Eating*, by E. Tribole and E. Resch, 1995. Nancy Bayne, PO Box 36, Nunn, CO 80648.