A New You: Health for Every Body

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.

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