

Eating Style	Trigger	Characteristic
Careful Eater	Fitness and health	Appears to be the perfect eater. Yet anguishes over each food morsel and its effect on the body. On the surface, this person seems health- and fitness- oriented
Unconscious Eater	Eating while doing something else at the same time	This person is often unaware that she/he is eating, or how much is eating, or how much is being eaten. To sit down and simply eat is often viewed as a waste of time. Eating is usually paired with another activity to be productive. There are many subtypes.
Chaotic Unconscious Eater	Overscheduled life	This person's eating style is haphazard- gulp 'n' go when the food is available. Seems to thrive on tension.
Refuse-Not Unconscious Eater	Presence of food	This person is especially vulnerable to candy jars, or food present in meetings or sitting openly on the kitchen counter.
Waste-Not Unconscious Eater	Free food	The person's eating drive is often influenced by the value of the food dollar and is susceptible to all-you-can-eat buffets and free food.
Emotional Unconscious Eater	Uncomfortable emotions	Stress or uncomfortable feelings trigger eating- especially when alone.
Professional Dieter	Feeling fat	This person is perpetually dieting, often trying the latest commercial diet or diet book.
Intuitive Eater	Biological hunger	This person makes food choices without experiencing guilt or an ethical dilemma. Honours hunger, respects fullness