

Do you have a healthy relationship with food?



Tick the statements that you identify with most.

Healthy food relationship signs

I typically:

- View food as a way to nourish and care for my health and wellbeing
- Eat when I'm hungry and stop when I'm full
- Eat regularly and have a routine, such as breakfast, lunch and dinner
- Recognise that all food offers some value
- Eat a variety of foods from all food groups
- Enjoy eating
- Feel comfortable eating with others and alone
- Feel good about myself

Unhealthy food relationship signs

I often:

- Feel guilty or ashamed when I eat
- Label foods as 'good' or 'bad'
- Go for long periods without eating, restrict what I eat, diet often or follow food fads
- Eat when I feel stressed, depressed, angry, sad or bored
- Use food as a reward or have 'cheat days'
- Rely heavily on tracking calories or trying to exercise away calories I've eaten
- Feel out of control when I eat
- Criticise myself for food choices or eating too much

The statements on the left are signs of a healthy relationship with food. If you identify more with the statements on the right then you may benefit from consulting with a mental health professional. They can help you build a healthier, more compassionate relationship with food and yourself.

Sources

EatWell. UCLA. [Building a healthy relationship with food](#). 3 Feb 2024.

NHS. [Relationship with food](#).

UCI Counseling Center. [How to improve relationship with food](#).

The University of Newcastle. [What does having a 'good relationship with food' mean? Four ways to know if you've got one](#). 12 Oct 2023.



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