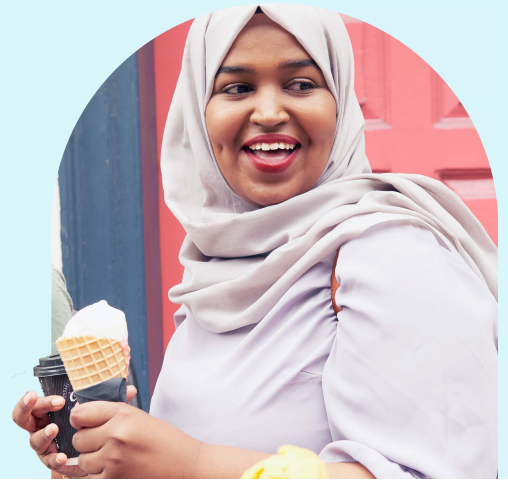


Do you have a healthy relationship with food?



Check 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
- Recognize 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
- Criticize 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](#). Feb. 3, 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? 4 ways to know if you've got one](#). Oct. 12, 2023.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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