

# EATING ISSUES CONTINUUM

This continuum shows different eating behaviours and attitudes about food and body image. Most healthy people are in the “Concerned Well” and “Not An Issue” categories, meaning good self-esteem and health. It's normal to move between categories and have traits from different ones based on how you feel.



## FOOD IS NOT AN ISSUE

I am not concerned about what or how much I eat.

I feel no guilt or shame no matter what I eat or how much I eat.

Exercise is not really important to me.

I choose foods based on cost, taste and convenience with little regard to health.

My eating is sporadic and irregular. I don't worry about meals I just eat whenever and whatever I can.



## HEALTHY CONCERNS

I pay attention to what I eat to maintain a healthy body.

Food and exercise are important parts of my life, but they only occupy a small part of my time.

I enjoy eating I balance my pleasure with eating with my concern for a healthy body.

I usually eat three balanced meals daily, plus snacks, to fuel my body with energy.

I am moderate and flexible in my goals for eating well and being active.



## FOOD OBSESSED / PREOCCUPIED

I think about food a lot.

I'm obsessed with reading books, magazines, articles about dieting, fitness and weight control.

I sometime miss school/work/social events because of my diet or exercise schedule.

I divide food into “good” and “bad” categories.

I feel guilty when I eat “bad” foods or when I eat more than what I feel I should be eating.

I am afraid of gaining weight.

I wish I could change how much I want to eat.



## DISRUPTIVE EATING PATTERNS

My food / exercise concerns are starting to interfere with my school/work/social life.

I use food to comfort myself.

I have tried diet pills, laxatives, vomiting or exercise more in order to lose/maintain weight.

I have fasted or avoided eating for long periods of time in order to lose/maintain weight.

If I cannot exercise to burn calories, I panic.

I feel strong when I can restrict how much I eat/

I feel out of control when I eat more than I wanted to.



## EATING DISORDERED

I worry about what I will eat or when I will exercise all of the time.

I follow a rigid eating plan and now precisely how many calories I should eat everyday.

I feel incredible guilt, shame and anxiety when I break my diet.

I regularly stuff myself and then exercise/vomit or use laxatives to get rid of the food.

My friends and family tell me I am too thin, but I feel fat.

I am out of control when I eat I am afraid to eat in front of others.