

**SAMPLE**



Sports Medicine Center

Name \_\_\_\_\_

**Eat 26: Eating Attitude**

Please place an "X" in the column that best applies to you.

	Always	Very Often	Often	Sometimes	Rarely	Never
1. I am terrified about being overweight.						
2. I avoid eating when I'm hungry.						
3. I find myself preoccupied with food.						
4. I have gone on eating binges where I feel I may not be able to stop.						
5. I cut my food into small pieces.						
6. I am aware of the calorie content of food that I eat.						
7. I avoid food with a high carbo-hydrate content (i.e., bread, potatoes, rice).						
8. I feel that others would prefer if I ate more.						
9. I vomit after I've eaten.						
10. I feel extremely guilty after eating.						
11. I am preoccupied with a desire to be thinner.						
12. I think about burning up calories when I exercise.						
13. Other people think I'm too thin.						
14. I am preoccupied with the thought of having fat on my body.						
15. I take longer than others to eat my meals.						
16. Other people say I am too thin.						
17. I avoid foods with sugar in them.						
18. I feel that food controls my life.						
19. I display self-control over food.						
20. I feel that other people pressure me to eat.						
21. I give too much time and thought to food.						
22. I feel uncomfortable after eating sweets.						
23. I engage in dieting behavior.						
24. I like my stomach to feel empty.						
25. I enjoy trying new rich foods.						
26. I have the impulse to vomit after meals.						

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