

Apply What You Learned: Change Your Eating Styles

Part A:

- 1. Check all that apply: Planning is an important part in helping you reach your healthy eating goal. Planning involve(s):**
 - Making menus and grocery lists
 - Deciding what to eat when you are in a rush
 - Deciding what you are going to eat prior to eating out
 - Deciding what to do with leftovers
- 2. Check all that apply: The 5 P's that support you in your healthy eating goal are:**
 - Proper place
 - Proportionate
 - Perfection
 - Peaceful
- 3. What percentage of successful weight managers reported planning their food intake helped them break the loss/regain cycle?**
 - 75%
 - 60%
 - 50%
 - 80%
- 4. TRUE or FALSE: It is better to eat too much healthy food than junk food.**
 - True
 - False
- 5. Choose the BEST answer: What makes having a peaceful environment conducive to good health?**
 - Peaceful environment allows you to slow down the pace of eating
 - Peaceful environment allows you to relax and to savor your food
 - Peaceful environment will help you determine a comfortable level of fullness
 - All of the above
 - None of the above
- 6. Choose the BEST answer: Which of the following suggestions will help you avoid excessive caloric intake due to eating too fast?**
 - Take seconds, in order not to graze throughout the rest of the day.
 - Force yourself not to take seconds as you don't want the extra calories.
 - Wait 10 to 15 minutes prior to going back for seconds.

Eating Style Self-Assessment

Use this assessment to bring more awareness of what kind of eating style you most commonly use. These styles usually directly relate to your knowledge about food & eating, your history with food, your skills for managing foods, and your responses to your eating cues.

Submit your "eating style" results back to us via MyChart to complete your application activity related to your own eating style.

<p>Scoring: Use the number that most often fits you</p> <ol style="list-style-type: none"> 1. doesn't describe me at all 2. describes me a little 3. describes me fairly well 4. describes me exactly
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<u>Score</u>	<p>Part 1</p> <ul style="list-style-type: none"> *I overeat when I'm feeling stressed or anxious *I overeat when I'm angry *I overeat when I'm feeling depressed *I overeat when I'm feeling bored *I overeat when I'm feeling good or celebrating <p>Total Score</p>
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If you scored:

5-9: Emotional eating is not a problem for you

10-15: Emotions are sometimes the reason you overeat. Identify which emotion(s) give(s) you the most difficulty and develop action plans for coping better w/the emotion.

16-20: Your eating is frequently governed by your emotions. You need to discover the root of your emotions and decide on ways to deal with them other than eating.

<u>Score</u>	<p>Part 2</p> <ul style="list-style-type: none"> *I tend to eat more when I'm w/certain people *Many of my friends/family members like to eat *I attend a lot of social events (parties, dinners, meetings, athletic events) where food is served *My work requires that I eat many meals away from home *At social events, it is hard for me to control my eating <p>Total Score</p>
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If you scored:

5-9: You may have occasional situations when people, places or events influence your eating, but generally it does not seem that social influences are a problem for you.

10-14: It seems you have some social pressures that make it difficult for you to control your eating. Identify with whom, where or when social pressures make sticking to your eating plans difficult. Then create a plan to cope w/the pressures.

15-20: Your family, friends, and/or work are a problem for you when it comes to controlling your eating. Tell friends or family how they can be supportive of your new healthful eating habits. Find coping strategies for eating out at parties or for work.

<u>Score</u>	<p>Part 3</p> <ul style="list-style-type: none"> When eating with others, I'm the first to finish my meal. I tend to nibble when preparing or cleaning up after a meal. I regularly have second helpings of foods I enjoy. I eat in places other than the kitchen or dining room. I tend to clean my entire plate even when I'm full. <p>Total Score</p>
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If you scored:

5-9: Your eating skills are generally appropriate. However, you should pay special attention to any behavior on which you scored 3 or more.

10-14: You have developed some unhealthy habits. Identify one or two behaviors on which you scored 3 or more and make plans to replace these behaviors with more appropriate skills.

15-20: You need to change a number of your current eating behaviors. Start by choosing 1 or 2 behaviors on which you scored a 3 or more. Identify ways you can stop the behavior. Once you have practiced your new skills for several weeks, pick another behavior you can change.

<u>Score</u>	<p>Part 4</p> <ul style="list-style-type: none"> I get urges to eat, even when I am not physically hungry. I have a very hard time controlling urges. I regularly skip at least one meal a day to lower calories. I'm sometimes afraid I won't be able to stop eating voluntarily. When I've eaten too much, I will often fast, exercise excessively, vomit, or use a laxative. <p>Total Score</p>
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If you scored:

5-9: You do not seem to have a problem with restrained eating

10-14: You show a tendency toward inappropriate behaviors related to restrained eating.

15-20: You seem to have a problem with restrained eating. You need to look very closely at how you cope with restrained eating. If you feel you can't change the items on which you scored 3 or more by yourself, you may need to work closely with a skilled counselor.