

# DO YOU HAVE A *healthy relationship with food?*



1-800-RENFREW  
www.renfrew.org

	<b>Yes</b>	<b>No</b>
1. Can you eat when you are hungry and quit when you are satisfied?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you stop eating because you <i>think</i> you should (as opposed to because your body is satisfied)?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you make food choices based on foods you enjoy?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you become physically uncomfortable (such as weak, tired, dizzy, a headache) when you under-eat or diet?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you feel that your food selections are a combination of "healthy foods" and "pleasurable foods"?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you <i>have</i> to eat in a certain pattern -- <i>always</i> three meals a day or <i>always</i> at a certain time of the day?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you trust that if you eat when you are hungry and stop when you are satisfied, you will <i>not get fat</i> ?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you feel guilty when you eat to the point that you are stuffed and uncomfortable?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you balance the time you give to thoughts about food, weight and dieting with other important aspects of your life, such as relationships, work and self-development?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you watch what other people eat and use that to determine what and how much you will eat?	<input type="checkbox"/>	<input type="checkbox"/>
11. Can you leave some cookies on the plate because you know you can have some again tomorrow?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you usually pick foods based on their calorie content?	<input type="checkbox"/>	<input type="checkbox"/>

## SCORING

Add up all the "no" responses to the **odd-numbered** questions. Give one point for each "no" and put that number here \_\_\_\_\_.

Add up all the "yes" responses to the **even-numbered** questions. Give one point for each "yes" and put that number here \_\_\_\_\_.

Total both the above numbers here \_\_\_\_\_.

## INTERPRETATION\*

This survey is designed to help you reflect on your relationship with food. "Normal" eating is flexible. It varies in response to emotions, daily activities, hunger and proximity to food.

**Scores between 0 and 3.** These scores generally indicate a healthy attitude toward food and eating.

**Scores between 4 and 8.** These scores suggest that cultural pressures about appearance and ideas about how much and what kinds of foods to eat may be negatively affecting self-acceptance and overall happiness. Exploring these issues may be helpful.

**Scores between 9 and 12.** These scores suggest serious issues with food, ranging from food obsession to an eating disorder. These issues could be interfering with daily life and may negatively affect overall health. Professional assistance is recommended to deal with thoughts, feelings, and behaviors related to food and body image. Medical evaluation and intervention may also be needed to address health concerns.

**\*Note:** The "Healthy Relationship with Food" Inventory can only give results based on the limited number of questions asked in the inventory. It cannot account for the truthfulness of the answers, only for the self-reporting of each participant. The interpretations given are for informational and educational purposes only, and do not constitute or substitute for any psychological and medical evaluations performed by a qualified professional, nor for any psychological or medical treatment. If psychological or medical evaluation and treatment are indicated, immediately consult a qualified professional.

*The Renfrew Center was established in 1985 as the nation's first free-standing facility created exclusively for women with eating disorders. Since then, we have treated more than 10,000 women and adolescent girls aged 14 and older. For more information about eating disorders, treatment, and professional resources, please call The Renfrew Center at 1-800-RENFREW or visit our web site at [www.renfrew.org](http://www.renfrew.org).*