

What Are Your Food Rules?

No one starts off with “10 Commandments of Eating” engraved in stone. Belief systems and rules of eating evolve subtly. Here are some questions that will get you in touch with your food rules.

<input type="checkbox"/>	1. Do you count anything? [calories, fat, carbs, protein, points]
<input type="checkbox"/>	2. What determines how much you eat?
<input type="checkbox"/>	3. What do you consider healthy eating?
<input type="checkbox"/>	4. Do you have any rules about what time of day is okay to eat?
<input type="checkbox"/>	5. Do you have any rules about snacking or meals?
<input type="checkbox"/>	6. Are there any foods that you try to avoid?
<input type="checkbox"/>	7. Do you have any rules about knowing the nutrition content of a meal or food?
<input type="checkbox"/>	8. Do you eat differently if there are other people present?
<input type="checkbox"/>	9. Do you compare what you eat to other people?
<input type="checkbox"/>	10 Do you have any rules around beverages?
<input type="checkbox"/>	11. Do you have any rules around exercise and eating?
<input type="checkbox"/>	12. What do you think about carbs?
<input type="checkbox"/>	13. What do you think about sweets?
<input type="checkbox"/>	14. Do you weigh or measure your food?
<input type="checkbox"/>	15. What foods feel “safe” to eat?