

Are you a food addict?

Read through this list of common addictive foods and check off those you either have a tendency to overeat or have a hard time stopping once you start eating them. Then answer the questions that follow to the best of your ability.

Bread and Rolls (Especially White)		Muffins	
Burgers		Pasta	
Cake		Pizza	
Candy		Popcorn (buttered)	
Cereal		Salami	
Cheese		Sausages	
Chips		Soft Drinks (non-diet)	
Chocolate anything		Others:	
Cookies			
Crackers			
Doughnuts			
French Fries			
Fried Chicken or other deep-fried protein			
Ice Cream			

Think back to your consumption of any of these foods over the last year and answer the following questions:

	NEVER (0)	ALMOST (1)	SOMETIMES (2)	ALMOST ALWAYS (3)	ALWAYS (4)
1. When I eat this food(s), I end up eating more than I planned to.					
2. I find myself eating this food(s) even when I'm not hungry.					
3. I often feel sluggish or fatigued after overeating.					
4. I often eat to the point where I feel sick.					
5. I find myself snacking on this food(s) through- out the day.					
6. When I am hungry for this food and it's not in the house, I will go out of my way to get it.					
7. I have a tendency to want to eat this food(s) when I'm feeling emotional, such as when I'm angry, happy, worried, anxious, or moody.					
8. I struggle with trying to cut down or stop eating this food(s).					
9. Sometimes, I prefer to eat this food(s) instead of working, spending time with family or friends, or engaging in physical activities or personal interests.					



	NEVER (0)	ALMOST (1)	SOMETIMES (2)	ALMOST ALWAYS (3)	ALWAYS (4)
10. When I overeat this food(s), I am consumed with guilt or other negative emotions.					
11. There are times when I avoid situations (parties, activities, etc.) because I am worried I will overeat.					
12. There are times when I avoid social situations because I know I will be in the presence of certain food(s).					
13. Overeating this food(s) and/or overeating in general causes me to wallow in cognitive distortions.					
14. When I try to cut this food(s) out of my diet, I experience symptoms of withdrawal, such as agitation and anxiety.					
15. Fasting from this food(s) increases my desire for it (them) after a few days.					
16. Eating this food(s) and/or overeating in general interferes with my home, family, and/or personal life.					
17. I have unsuccessfully tried to avoid eating this food(s) or stop overeating in general.					
18. Over time I have found that I need to eat more and more to get the feeling I want, such as increasing pleasure or reducing a negative emotion.					



	NEVER (0)	ALMOST (1)	SOMETIMES (2)	ALMOST ALWAYS (3)	ALWAYS (4)
19. My overweight has caused significant psychological problems, such as depression, anxiety, guilt, or self-loathing.					
20. My overweight has led to other weight-related health problems.					
TOTAL SCORE * Add up your totals for each column and then together for your total score.					

Scoring

Add up your total score to the 20 questions. Here's what your results might be telling you. Please keep in mind, this is simply a general tool. This is not a diagnosis and should not replace talking to a health professional if you feel you may need that.

0–20	You don't appear to have a food addiction, but may have a tendency to overeat the wrong foods.
21–40	You might struggle trying to avoid certain foods because of their addictive nature, and you are successful only part of the time.
41–60	You might have a food addiction that could be interfering with your ability to lose weight and/or keep it off.
61–80	You might have a food addiction that could be causing you considerable personal distress.