

Take this quick self-assessment to determine if you are struggling with emotional eating.

Check off all items that apply to you:

- I often turn to food when I am feeling negative emotions such as stress or sadness, or in response to positive emotions such as happiness.
- I am constantly thinking about food, even after I just ate.
- I hide eating from my family and friends.
- I feel a lot of shame and regret after I eat too much.
- I feel unable to control myself around food.

If you check 2 or more of these items, consider seeking a nutrition consult to support you to:

- Embrace the nourishing qualities of feeding and eating
- Develop the skills needed to establish a healthier relationship with food
- Practice and implement mindfulness techniques in your daily life
- Understand the complex relationship between physical health, emotional health and eating
- Investigate how previous experiences and habits impact your food intake
- Explore new strategies for self-care and self-acceptance

To learn more about working with an Avance Care Registered Dietitian, visit avancenutrition.com.