

Check Your Food Habits

Profile

Is it a Habit?

Edy Emotional Eater

- EATS FOR NON-PHYSICAL HUNGER
- SAD, GLAD, MAD, ANXIOUS, OR DEPRESSED

Steve Starving Eater

- SKIPS MEALS

Sara Social/Environmental Eater

- EATS TO BE SOCIAL, BECAUSE EVERYONE ELSE IS EATING
- ENTICED BY FOOD IN THE ENVIRONMENT

Don Diet Food Eater

- FOOD SELECTION LIMITED TO NON-FAT, LOW-CAL, LACKS VARIETY

Fred Fast Eater

- SCARFS DOWN LOTS OF CALORIES IN A FLASH

Wendy Water Deficient Eater

- HUNGER TIED TO BEING THIRSTY

Quanna Queen of Portion Size

- FOOD SELECTION QUANTITY IS TOO LARGE

Beverly Beverage Consumer

- OVERCONSUMES HIGH-CAL BEVERAGES OR ALCOHOL

Patty Poor Planner

- NO FORETHOUGHT TO PLANNING FOR MEALS
- ENDS UP EATING FAST FOOD CHOICES

Bert Bored Eater

- TOO FEW FOOD ITEMS IN FOOD PLAN
- EATS SAME FOODS ALL THE TIME

Grace Grazer/Unconscious Eater

- EATS WHILE DOING OTHER TASKS (TV, COOKING)

Bertha Binge Eater

- OVEREATS HIGH-RISK FOODS

Larry Late Night Eater

- CONSUMES MAJORITY OF CALORIES AFTER 7 PM

Brenda Breakfast Avoider

- SKIPS BREAKFAST, OUT OF CONTROL HUNGER BY MIDDAY

Tammy Tired Eater

- EATS TO STAY AWAKE (STUDYING, WORKING, DRIVING)

Carl Closet Eater

- CHOOSES HEALTHY FOODS AROUND OTHERS, OVEREATS ALONE

Debbie Dessert Eater

- EATS HEALTHY MOST OF DAY, BUT WEAKENS WITH DESSERT

Source: Reshaping Your Body, Rethinking Your Mind, Lauve Metcalfe, MS. 520.529.9147
6122 N. Running Deer Circle, Tucson, Arizona 85750, e-mail: Lauve@u.arizona.edu



Wellness Coach

Lauve Metcalfe, MS

Lauve Metcalfe, MS, is a professional speaker and organizational health consultant. She is on the faculty at the University of Arizona College of Medicine, and is the author of *Reshaping Your Body, Rethinking Your Mind*: a practical guide to enhancing body image and self-esteem.

IF YOU ARE TRYING TO MANAGE YOUR

WEIGHT, it's important to understand that to be successful, you should consider not only your nutrition—what you eat or don't eat—but also your behavior.

Each time you think about eating, stop and ask yourself: "How hungry am I now?" Then consider what else is going on. Are you angry, bored, tired, depressed, or anxious?

Take a few moments to review the food profiles to the left. Most people will find something in common with at least one of the food profiles; maybe you identify with two or three. First, recognize that these are habits. Next, check the ones you would like to improve, then determine what barriers are preventing you from stopping those habits and/or if you are creating reasons not to stop them.

It's a matter of starting now and making small changes gradually. For example, if you are a Debbie Dessert Eater, you'll have more success if you have dessert, but choose a healthful alternative, such as fruit. Or have dessert, but split it with your dinner partner, or don't have it every night.

If you checked more than a couple habits on the list, try to address only one or two a week and then revisit the list in a week or two. Have you succeeded in removing some check marks? Note what you're doing right and acknowledge your progress!

Seek encouragement and support from friends and family members if you get discouraged. Remember, for a healthy lifestyle, view food as fuel (not as reward or comfort) and create as many opportunities as you can for regular physical activity. ✨