

Unhelpful Eating Habit Checklist

Type of unhelpful habit	Unhelpful Eating Habit	Applies to me?
Eating routine	My eating routine is erratic or non-existent	
	I skip meals quite often to save calories	
Eating too much	My portion sizes are too big	
	I eat dessert even if I'm already full	
	I binge on unhealthy foods and can't stop	
Eating when not hungry	I eat out of habit (e.g. biscuits with tea/coffee)	
	I eat now in case I'm hungry later	
	I eat something just because it's there	
	I eat when bored/ stressed/ agitated/ anxious although I'm not hungry	
	I get cravings for particular foods and give in to them whether hungry or not	
Problems with what you're eating	Food I expect to enjoy isn't satisfying so I keep on eating, trying other foods	
	I eat too much unhealthy food and/or drink too much alcohol	

