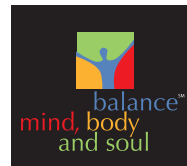


# diETING?

do you have an eating problem?



***Do you have a normal relationship with food or are you ruled by dieting? To find out, answer these questions:***

**1.** Do you diet often?

**2.** Do you ever change your plans because you are concerned about the food available?

**3.** Do you weigh yourself more than once a day?

**4.** Does the number on the scale affect your day?

**5.** Do you prefer to eat alone?

**6.** Are you concerned about what people see you eat?

**7.** Are you preoccupied with food?

**8.** Do you feel guilty if you overeat?

**9.** Do you punish yourself to exercise if you've overeaten?

**10.** Do you have any rituals related to your eating?

**11.** Are you troubled if someone tampers with "your" food?

**12.** Do you eat without tasting?

If you answer yes to many of these, you may want to explore your relationship to food with a professional such as a therapist, a nutritionist or a physician.