

YOUR EATING STYLE

Learning about your eating style can help you to understand your eating behaviours and begin to use strategies to make improvements. It offers insights to your relationship with food, giving you a glimpse of your beliefs and behaviours around food.

Take a look at the following eating styles and choose the one that resonates most with you currently. Your consultant can discuss this with you in more detail and provide you with further strategies to help support you. Refer to the Resource Centre for all of the online eating style strategy cards.

Are you an...

UNINFORMED EATER?

- You've tried lots of 'diets' in the past that include strategies like cutting out food groups, eating only soup or eliminating your favourite foods.
- You think of foods as 'good' and 'bad' and try to cut out 'bad' foods to be healthy.
- You feel confused about what really works.

When it comes to healthy eating for weight loss you have the best of intentions. You've researched the latest popular diets and are interested in nutrition and motivated to eat well. You may have even tried the latest popular diets and tried strategies such as cutting out carbohydrates, avoiding fats (even the good ones) or eliminating your favourite foods but you're not getting any closer to your goal. You may find restrictive diets backfire on you as it's tough to follow these plans for very long. This has left you confused about what really works.

UNCONSCIOUS EATER?

- You often miss meals.
- You graze throughout the day without realising it.
- You eat food just because it is there and usually eat everything on your plate regardless of how much there is or how full you feel.

Unconscious eating means you are not truly engaged while you are eating because you are distracted with other things or you are eating food 'just because it's there'. You're not truly aware of how much or even what you're eating over the course of the day. You might typically miss meals, eat while doing other things, or just graze on food throughout the day.

Goal:

Learn how to balance healthy food choices with favourite foods. Focus on a healthy, non-diet approach.

EMOTIONAL EATER?

- You feel confused about what really works.
- After a tiring day or stressful situation you feel like you deserve a treat, even if you're not hungry.
- You often crave certain foods in response to feeling excited, anxious, bored or upset.
- If you're going through an emotional time you're more likely to turn to food than confide in a friend or family member.

When you're overwhelmed by feelings – anxiety, anger, sadness, happiness, loneliness or just plain boredom you resort to food to help you deal with your feelings. In the moment you may not respond to your physical hunger cues, or even care as much about your healthy eating goals. Instead you may feel driven by the emotional need to feel comforted. You may then feel upset and guilty about it, and those negative feelings may lead you to give up on your plan.

Goal:

Learn to eat in response to your hunger cues and use alternatives to food for managing emotions.

SOCIAL EATER?

- You love eating out and tend to overindulge when celebrating a special event
- You find it difficult to say 'no' to food offers and events that tempt you to eat
- You are easily swayed by others choices and behaviours.

You may struggle with a variety of people, places and events that tempt you to eat. You may find it difficult to say 'no' when offered food. You love to dine out and may often find you end up eating not what you'd planned. You are committed to your weight loss goals, but you also don't want to deprive yourself the pleasure of dining out, entertaining and spending time with others.

Goal:

Develop self-awareness of the eating experience and practice mindful eating.

Goal:

Balance the pleasure of eating with others with healthy choices.