



What kind of eater are you?

Aside from the obvious fact that we all have to eat to live, what else motivates you? If you understand the kind of eater you are, you'll be more aware of why you eat, which will help you figure out how to make a change for the better.

How do I feel about food and eating?	What kind of eater does that make me?	What can I do about it?
Depends how I feel: stressed, bored, lonely, excited	You may be an emotional eater.	Look for healthy snacks instead of sugary stuff. Keeping a food diary can help you understand your eating patterns.
I don't like sitting down to a big meal. I snack when I'm hungry.	Sounds like you might be a grazer.	Try to eat at least one full meal a day. If you DO graze, choose fruit, carrot sticks or popcorn without butter instead of less healthy options.
Sometimes it's hard to control the urge to eat a large amount of food. I love food, and I can eat a lot in one sitting.	You may be a binger.	When the need to eat seems uncontrollable, or you just have to have something sweet, try a yogurt or some fruit.
I've tried all the diets that have come along. In the end, they don't work for me.	Maybe you are a yo-yo crash dieter.	Instead of one more extreme diet, try increasing your physical activity, and look for nutritious food in healthy amounts.
I just LOVE fast food.	Sounds as if you might be a fast food addict.	Fast food is loaded with calories. It can have a bad effect on your mood, and make you feel more tired. Try thinking of fast food as an occasional treat, not a daily thing.
I rarely eat breakfast, and I do most of my eating at night.	You are probably a nighttime eater.	Reducing your stress level with relaxation techniques – maybe a yoga class – can help. Try adding a light breakfast, too.

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