

THE ENLIGHTENED DIET
Your Whole Person Optimal Eating, Weight Loss, Health & Healing Program

What's Your Eating Style?
Personal Profile

Getting Started

Where are you now? We created our What's Your Eating Style? profile so you can find out how much—or how little—each eating style may be contributing to your overeating and weight gain. Consider the profile to be a lighthouse that helps you to get your bearings; a guide for determining your eating style whereabouts so that you can choose the direction that will lead you to the destination of your dreams.

Tallying your scores

To see where you are now, complete each eating style questionnaire below by checking the boxes that best represent your current eating style. As you fill out the profile, please note that some of the eating style questionnaires have two sections. For these eating styles, score the top section by tallying all plus (+) numbers; tally the bottom section by adding all the minus (-) numbers. Then, to get your eating style score, subtract the minus subtotal from the plus subtotal and enter the results on the total line at the bottom of each eating style profile.

Interpreting your scores

At the bottom of each overeating style profile, you will also find a scoring key that tells you if your score ranks as “excellent,” “good,” “satisfactory,” or “needs improvement.” To discover your total Eating Style Score for all seven eating styles, add the totals from each of the seven profiles; then read the interpretation about your Eating Style Score at the end of the profile.

FOOD FRETTING Personal Profile

For each question, check the box in the column that best represents your “anxious eating” dynamic.

	Never 0	Rarely -1	Some- times -2	Usually -3	Almost Always -4	Always -5
1. I feel anxious about the “best” way to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel “good” or righteous when I eat what I think I “should.”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When I overeat, I feel:						
bad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gluttonous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I judge others by what they eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I try different diets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I count calories, fat grams, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I obsess about food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Food Fretting Score:

-
Total

Food Fretting Scoring Key

- 0 to -7 Excellent
- 8 to -14 Good
- 15 to -21 Satisfactory
- 22 or less Needs Improvement

TASK-SNACKING
Personal Profile

For each question, check the box in the column that best represents your “task-snacking” dynamic.

	Never	Rarely	Some- times	Usually	Almost Always	Always
	0	-1	-2	-3	-4	-5

1. When I eat, I am...

walking, rushing somewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at my desk at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
in my car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at my computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
talking on the phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Task-Snacking Score:

-
Total

Task-Snacking Scoring Key

0 to - 6	Excellent
-7 to -12	Good
-13 to - 17	Satisfactory
-18 or less	Needs Improvement

EMOTIONAL EATING Personal Profile

For each question, check the box in the column that best represents your “emotional eating” dynamic.

	Never 0	Rarely +1	Some- times +2	Usually +3	Almost Always +4	Always +5
1. Before eating, I “check” my hunger level.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I eat only when I am hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						+ _____ Sub-total

	Never 0	Rarely -1	Some- times -2	Usually -3	Almost Always -4	Always -5
3. I overeat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. After eating, I feel stuffed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have food cravings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I eat because I feel:						
depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						- _____ Sub-total

Total Emotional Eating Score: (+) or (-) _____
Total

Emotional Eating Scoring Key

- 10 to -1 Excellent
- 2 to -12 Good
- 13 to -23 Satisfactory
- 24 or less Needs Improvement

FAST FOODISM Personal Profile

For each question, check the box in the column that best represents your “fast food, fresh food” dynamic.

	Never 0	Rarely +1	Some- times +2	Usually +3	Almost Always +4	Always +5
1. I eat fresh:						
fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>whole</i> grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
legumes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
seeds (e.g., sunflower, flax)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I eat meals that are homemade.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						+ <u> </u>
						Sub-total

	Never 0	Rarely - 1	Some- times -2	Usually - 3	Almost Always - 4	Always - 5
3. I eat food that is:						
fast (such as McDonald’s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
processed (canned, packaged)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
prepared (deli, take-out)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sweet (donuts, muffins)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fried (potato chips, chicken)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						- <u> </u>
						Sub-total
Total Fast Food, Fresh Food:					(+) or (-)	<u> </u>
						Total

Fast Food, Fresh Food Scoring Key

- | | |
|------------|-------------------|
| 35 to 23 | Excellent |
| 22 to 11 | Good |
| 10 to -1 | Satisfactory |
| -2 or less | Needs Improvement |

SOLO DINING Personal Profile

For each question, check every box in the column that best represents your “social fare” dynamic.

	Never 0	Rarely +1	Some- times +2	Usually +3	Almost Always +4	Always +5
1. I eat with: friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I eat at home at the dining table.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I enjoy preparing meals for friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I enjoy holiday feasts with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I celebrate special occasions with others with festive foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I prepare and share special meals for friends and family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When eating alone, I often think about special people in my life, or memorable meals I've enjoyed with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						+ _____ Sub-total

	Never 0	Rarely -1	Some- times -2	Usually -3	Almost Always -4	Always -5
8. I eat alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I plan “secret” overeating sessions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I dine with others, then, afterward, binge by myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I stand at the counter while eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						- - _____ Sub-total

Total Social Fare Score: (+) or (-) _____
Total

Social Fare Scoring Key

- 40 to 28 Excellent
- 27 to 16 Good
- 15 to 4 Satisfactory
- 3 or less Needs Improvement

**UNAPPETIZING ATMOSPHERE
Personal Profile**

For each question, check the box in the column that best represents your “eating atmosphere” dynamic.

	Never	Rarely	Some- times	Usually	Almost Always	Always	
	0	+1	+2	+3	+4	+5	
1. The social atmosphere in which I prepare food is:							
serene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
pleasing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. After eating, I feel:							
relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
alert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
							+ _____
							Sub-total

	Never	Rarely	Some- times	Usually	Almost Always	Always	
	0	-1	-2	-3	-4	-5	
3. The social atmosphere in which I prepare food is:							
hectic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
tense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
							-- _____
							Sub-total

Total Eating Atmosphere Score: (+) or (-) _____
Total

Eating Atmosphere Scoring Key

- 30 to 22 Excellent
- 21 to 14 Good
- 13 to 6 Satisfactory
- 5 or less Needs Improvement

**SENSORY DISREGARD
Personal Profile**

For each question, check the box in the column that best represents your “sensory disregard” dynamic.

	Never	Rarely	Some- times	Usually	Almost Always	Always
	0	+1	+2	+3	+4	+5
1. I plan and prepare meals: with care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with appreciation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. While dining, I consider my surroundings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I express gratitude for food through prayer, blessings, heartfelt thankfulness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I honor the mystery of life in food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Before and during eating, I focus on the food’s:						
color	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aroma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
portion size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
flavor(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I “eat” with my senses, by:						
appreciating the presentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tasting textures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
savoring scents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I focus solely on food and the experience of dining.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I appreciate the “web” of humanity (farmers, grocers) surrounding food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I consider the elements of nature that create food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I eat with loving regard for food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. After eating, I:						
savor the moment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
reflect on the meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Sensory—Spiritual Nourishment Score: + _____

Sensory Disregard—Spiritual Nourishment Scoring Key

72 to 90	Excellent
54 to 71	Good
53 to 36	Satisfactory
35 or less	Needs Improvement

Total

Your Overeating Style Score

Are you a food fretter? A task-snacker? An emotional eater? Or do you typically practice all—or none—of the overeating styles each day. Your total Eating Style Score will give you insights into your relationship with food and how to make The Enlightened Diet work for *all* of you—not only your weight and physical health, but also your emotional, spiritual, and social well-being. It will also give you an idea about how likely you are to overeat and to be overweight or obese.

To find your Total Eating Style Score:

1. Enter the **positive** scores from each of the “7 eating styles” in the “Positive Sub-Totals” column.
2. Enter the **negative** scores from each of the “7 eating styles” in the “Negative Sub-Totals” column.
3. For your “Total Integrative Eating Style Score,” subtract the total negative subtotals from the total positive subtotals.

Eating Style	Positive Sub-Totals	Negative Sub-Totals
Emotional Eating	Subtotal _____	Subtotal _____
Food Fretting	Subtotal _____	Subtotal _____
Fresh Food, Fast Food	Subtotal _____	Subtotal _____
Sensory Disregard—Spiritual Nourishment	Subtotal _____	-----n/a-----
Task Snacking	Subtotal _____	Subtotal _____
Eating Atmosphere	Subtotal _____	-----n/a-----
Social Fare	Subtotal _____	Subtotal _____
	Positive Total _____	Negative Total _____

TOTAL Personal Eating Style Score _____

Evaluating your score:

131 or over (excellent):

Congratulations! Your relationship with food is mostly satisfying and gratifying. In other words, you eat less and enjoy it more most of the time. Both what and how you eat is beneficial to your weight, your overall health, and also for your quality of your life.

130 to 57 (good):

You're doing fairly well! The foods you choose, how you eat, and with whom you eat, are typically positive and encouraging. You eat optimally sometimes; when you're not able to—or choose not to—you “let it go.”

56 to -16 (satisfactory):

Food and eating are often issues for you. Making better choices about what and how to eat either isn't clear to you, or it hasn't been a priority for you so far. Your relationship to food and eating are fairly typical, which leaves lots of room for making beneficial changes.

-15 and below (needs improvement):

Your overall eating style is far from optimal. Decide if you want to take steps toward improving your relationship with food. Once you have the intention to do so, get some ideas for how to begin by re-taking the “What's Your Overeating Style?” questionnaire, or look over the questions in each section of the questionnaire for some quick and easy-to-implement ideas and suggestions.