

QUESTION	Never/Rarely	Sometimes	Often	Always/Often
1. I eat so quickly that I don't taste what I'm eating.				
2. When I eat at "all you can eat" buffets, I tend to overeat.				
3. When a restaurant portion is too large, I stop eating when I'm full.				
4. When I'm eating one of my favourite foods, I don't recognize when I've had enough.				
5. I notice when just going into a movie theatre makes me want to eat candy or popcorn.				
6. If it doesn't cost much more, I get the larger size food or drink regardless of how hungry I feel.				
7. I notice when there are subtle flavours in the foods I eat.				
8. If there are leftovers that I like, I take a second helping even though I'm full.				
9. I snack without noticing that I am eating.				
10. When I eat a big meal, I notice if it makes me feel heavy or sluggish.				
11. I stop eating when I'm full even when eating something that I love.				
12. I appreciate the way my food looks on my plate.				
13. When I'm sad, I eat to feel better.				
14. Before I eat, I take a moment to appreciate the colours and smells of my food.				
15. I taste every bite of food that I eat.				
16. I recognize when I'm eating and not hungry.				
17. I notice when the food I eat affects my emotional state.				
18. I have trouble not eating ice cream, cookies, or chips if they're around the house.				
19. I think about things I need to do while I am eating.				