

Are you a food addict?

Do you notice that when you eat something, you tend to want more and more of it? In other words, 'once you pop, you can't stop'?

Take a look at the questions below and bear in mind that 'food' can mean a type of food rather than one single item, and it can be your favorite drink, too. (For example, maybe you feel you can't live without soda.)

Quiz:

1. Is there at least one food you eat every day? YES / NO
2. Do you panic if you might not have access to this food everywhere, like on vacation or at restaurant? YES / NO
3. Have you ever felt you might need to cut down on this food? YES / NO
4. Has anyone else suggested you change your eating habits? YES / NO
5. Do you ever feel guilty after eating? YES / NO
6. Is this food on your mind within an hour of waking up? YES / NO
7. Do you feel powerless when you have a craving? YES / NO
8. Have you been unable to quit in the past? YES / NO
9. Do you turn to this food when you're feeling low or high and when you're not even hungry? YES / NO
10. Have you felt like your self-esteem and relationships might be better if you didn't have these cravings?
YES/ NO
11. Do you seem to think about food most of the time? YES / NO
12. Is there a difference between your private and public eating? YES / NO
13. Do you tell yourself you could quit eating this food whenever you want, even though you've never been able to? YES / NO
14. Do you look forward to the time you can eat this food? YES / NO
15. Are you envious of people who have a casual attitude about food? YES / NO
16. Do you sometimes enter a trance-like state when you are eating? YES / NO
17. Does most of your eating occur at late at night? YES / NO

If you answered YES to:

One of these questions – you show signs of heading towards food addiction.

Two of these questions – you are already a moderate food addict.

Three or more of these questions – you are in the grip of a food addiction that is severely affecting your daily life.

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