

# Food For Thought

---

A *diet* is really just a way to define a person's pattern of eating. Every time you change your diet, or pattern of eating, your body needs to make adjustments. In addition to these adjustments, going *on* or *off* a diet usually deprives your body of essential nutrients. A change in your menstrual cycle or difficulties getting pregnant may be one sign that your nutritional health is being neglected.

Think about the following questions:

- ◇ Do you feel you are on a diet now?
- ◇ Have you been on more than 2 diets in the last year?
- ◇ Do you think of some foods as "bad" or "good"?
- ◇ Have you ever used diet pills, diuretics or laxatives to help you lose weight?
- ◇ Do you ever avoid going out because you are embarrassed about how you look?
- ◇ Have you ever fasted for reasons other than religion?
- ◇ Do you sometimes sneak food?
- ◇ Have you ever made yourself throw up after eating?
- ◇ Do you ever feel guilty after eating?
- ◇ Do you feel you have no control over how much you eat?
- ◇ Do you think your eating habits are normal?

**There are no right or wrong answers.** If you felt uncomfortable taking this test, were worried about writing the answers down and/or were embarrassed that someone might see them, you may want to consider a visit with a nutrition therapist.

---