

INTUITIVE EATING SCALE© 2006, Tracy Tylka

Directions for participants: For each item, please circle the answer that best characterizes your attitudes or behaviors.

	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
1. I try to avoid certain foods high in fat, carbohydrates, or calories.	1	2	3	4	5
2. I stop eating when I feel full (not overstuffed).	1	2	3	4	5
3. I find myself eating when I'm feeling emotional (e.g., anxious, depressed, sad), even when I'm not physically hungry.	1	2	3	4	5
4. If I am craving a certain food, I allow myself to have it.	1	2	3	4	5
5. I follow eating rules or dieting plans that dictate what, when, and/or how much to eat.	1	2	3	4	5
6. I find myself eating when I am bored, even when I'm not physically hungry.	1	2	3	4	5
7. I can tell when I'm slightly full.	1	2	3	4	5
8. I can tell when I'm slightly hungry.	1	2	3	4	5
9. I get mad at myself for eating something unhealthy.	1	2	3	4	5
10. I find myself eating when I am lonely, even when I'm not physically hungry.	1	2	3	4	5
11. I trust my body to tell me when to eat.	1	2	3	4	5
12. I trust my body to tell me what to eat.	1	2	3	4	5
13. I trust my body to tell me how much to eat.	1	2	3	4	5
14. I have forbidden foods that I don't allow myself to eat.	1	2	3	4	5
15. When I'm eating, I can tell when I am getting full.	1	2	3	4	5
16. I use food to help me soothe my negative emotions.	1	2	3	4	5
17. I find myself eating when I am stressed out, even when I'm not physically hungry.	1	2	3	4	5
18. I feel guilty if I eat a certain food that is high in calories, fat, or carbohydrates.	1	2	3	4	5
19. I think of a certain food as "good" or "bad" depending on its nutritional content.	1	2	3	4	5
20. I don't trust myself around fattening foods.	1	2	3	4	5
21. I don't keep certain foods in my house/apartment because I think that I may lose control and eat them.	1	2	3	4	5

TOTAL SCORE _____
(See Scoring Sheet)