

WHAT KIND OF EATER ARE YOU?

This quiz will help you identify any unhelpful eating patterns that are a result of messages from your childhood. Answer in the context of when you were growing up.



Growing up, many of us were subject to rules from our parents. Ever been told you couldn't leave the table until you'd eaten all of your vegetables or that you couldn't have dessert unless your plate was clean? The messages you pick up about food in your childhood go a long way to shaping your eating patterns as an adult.

QUESTION 1

When there was an argument at dinner, you responded by...

- A There were no heated discussions at the table
- B Feeling your enjoyment of the meal was compromised, so had a snack later on
- C Finishing everything on your plate
- D Feeling unsettled and seeking comfort in the meal
- E Losing track of what you were eating

QUESTION 2

At meal times you were...

- A A balanced eater
- B Not a great fan of family meals, you preferred to eat when it suited you
- C Renowned for being able to eat the most food
- D Keen to get stuck in – food made you happy
- E A bit of a daydreamer

QUESTION 3

While watching TV with the family, there was a box of chocolates being passed around. You...

- A Took just one chocolate – after all, it wasn't that long ago you had the evening meal
- B Helped yourself to some chocolates and then found, as the evening wore on, you were obsessing over them
- C Helped yourself to several at once and hoped you didn't get told off for eating someone else's share
- D Found yourself swept up in the film and only reaching for the chocolates during particularly emotional moments
- E Dipped into the chocolate box while lost in the film and didn't pay much attention to how many you were eating

QUESTION 4

A visitor brought some biscuits. You...

- A Took a biscuit to be polite
- B Took a couple of biscuits in front of everyone and then scurried back later for a few secret extras
- C Steadily munched your way through a few
- D Found, despite your best intentions, you couldn't stop eating
- E Took a biscuit and started chatting. Later you were unsure how many you had

QUESTION 5

You got in trouble at school. That evening you...

- A Talked to your parents after dinner about your problem
- B Felt too upset to eat much, but found yourself secretly gorging on chocolate later
- C Stopped stressing and helped yourself to extra big portions of food
- D Focused on the delicious food in front of you
- E Found yourself emotionally distracted during the dinner

QUESTION 6

If you failed to finish everything on your plate your parents would say...

- A That's fine, as long as you're sure you're not hungry
- B Finish your food or you won't get any dessert
- C Finish your meal – people are starving in the Third World!
- D What's the matter? Has someone upset you?
- E Concentrate or you'll never finish



LighterLife Fast will help you lo

IF YOU PICKED MOSTLY **As**

Balanced eater – As a child your emotional needs were largely met and as an adult you don't turn to food to bury your emotions. Set yourself firm guidelines, like a weight above which you don't want to go, or a pair of trousers with a tight waistband. Then take action: moving more, rebalancing your food intake or, preferably, both.

IF YOU PICKED MOSTLY **Bs**

Regular snacker – You might use food to cope with your feelings. Your snacking might be secretive. Before you reach for food create a STOP sign in your mind and step back.

S – Step back

T – Think about what's going on

O – Options: what choices do you have, what can you plan to do

P – Proceed with your plan and notice how helpful it was

IF YOU PICKED MOSTLY **Cs**

Portion upsizer – You were probably taught to finish everything on your plate and this could have set you up for weight gain in later life.

Research shows that by using smaller plates, you eat less without feeling hungry. For successful weight management there's no one-size-fits-all approach. For example you might find it helpful to eat more veg and less fruit, or stick to three meals a day, or six small meals instead, or to try different foods within your key food groups so you eat more pulses and less bread... The key is to experiment to find an enjoyable plan that works best for you.

