

### Food and Diet Beliefs Worksheet

This activity asks you to examine each statement three different ways based on:

- **Science**—does current scientific thought hold this statement to be true or false?
- **My Belief**—do you believe this statement to be true or false?
- **My Behavior**—do you behave as if this statement is true, regardless of whether you believe it; or do you behave as if this statement is false whether you believe it or not?

Answer each box with **T** for true or **F** for false.

Science	My Belief	My Behavior	Statement
			1. If I eat bread or starch foods it will make me gain weight.
			2. If I feel bloated it means that I have gained weight (fat).
			3. If I eat past 7:00 pm or late in the night the food will most likely turn to fat.
			4. As long as I exercise, my metabolism will stay normal, even if restrict my calories (or food).
			5. If I eat sweets or foods containing sugar, I will lose control and overeat because sugar is addicting.
			6. The longer I restrict my food intake the more likely I am to overeat.
			7. If I stick to eating fat-free foods I will lose weight.
			8. If I eat a meal or snack, and am hungry one hour later, there's something wrong with me—I don't need that extra food.
			9. I need to be ravenously hungry to deserve to eat.
			10. The reason that I overeat or binge is that I have no willpower.
			11. I can eat more food if I exercise more.
			12. Skipping meals helps me save extra calories that my body does not need.
			13. If I eat a fatty food such as cheesecake or real ice cream, I will gain weight.
			14. I avoid fast foods because they are unhealthy.
			15. Eating protein with a meal or snack contributes to satiety (fullness).
			16. It's possible to eat a meal with 20 grams of fat and be healthy.
			17. If I undereat, my metabolism will slow down.
			18. The body requires two essential types of fat.
			19. If I eat more than my friends or family, that means I have eaten too much.
			20. If I undereat, I am likely to start thinking about food <i>more</i> .

*Adapted from: Reif and Reif: Eating Disorders: Nutrition Therapy in the Recovery Process, p.54, Aspen Publishers, 1992.*