



QUIZ: Are You A Food Addict?

Written by Johan Thomas

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To answer this question, ask yourself the following questions and answer them as honestly as you can:

SEE MORE IN OUR SPECIAL REPORT, [“THE BIG ISSUE: ADDICTED TO FOOD”](#)

- 1** Have you ever wanted to stop eating and found you just couldn't?
- 2** Do you think about food or your weight constantly?
- 3** Do you find yourself attempting one diet or food plan after another, with no lasting success?
- 4** Do you binge and then “get rid of the binge” through vomiting, exercise, laxatives, or other forms of purging?
- 5** Do you eat differently in private than you do in front of other people?
- 6** Has a doctor or family member ever approached you with concern about your eating habits or weight?
- 7** Do you eat large quantities of food at one time (binge)?

- 8** Is your weight problem due to your “nibbling” all day long?
- 9** Do you eat to escape from your feelings?
- 10** Do you eat when you’re not hungry?
- 11** Have you ever discarded food, only to retrieve and eat it later?
- 12** Do you eat in secret?
- 13** Do you fast or severely restrict your food intake?
- 14** Have you ever stolen other people’s food?
- 15** Have you ever hidden food to make sure you have “enough?”
- 16** Do you feel driven to exercise excessively to control your weight?
- 17** Do you obsessively calculate the calories you’ve burned against the calories you’ve eaten?
- 18** Do you frequently feel guilty or ashamed about what you’ve eaten?
- 19** Are you waiting for your life to begin “when you lose the weight?”
- 20** Do you feel hopeless about your relationship with food?

If you answered yes to any of the above questions, then you may be a food addict. You are not alone. [Food Addicts In Recovery Anonymous](#) offers hope through a real solution to food addiction.

QUIZ SOURCE: © 2000-2010 Food Addicts In Recovery Anonymous