



**Are you a food addict?**

Yes

Maybe

Huh?

**How do I know if I am a food addict?**

The Yale Food Addiction Scale provides a scientific measure that determines a person's addiction to food. It captures several dimensions that are typical of all addictions: obsession; inability to control intake; inability to stop despite harmful consequences.



**Do you think about food constantly?**

All the time

Only when I eat something sweet

Mainly when I am bored, angry, tired or lonely

Food addiction occurs when a person thinks about food obsessively, even when not hungry. Being angry, lonely, bored, or experiencing PMS or menopause can provoke cravings. Even the tiniest taste of a sweet or savoury food can spur desire that will not go away, no matter how much you eat of that trigger food. Typical foods that obsess us are cookies, chocolate, pizza, bagels, bread, chips, muffins, cereal, fries, popcorn – most processed foods.



**Have you ever tried to stop eating but found that you just had NO will power?**

**What is your typical eating pattern?**

Binging

Restricting

Grazing all day

Eating compulsively can mean binging on thousands of calories in one sitting, or it can be grazing all day so that you are never not eating. Alternatively, it can mean restricting yourself from certain foods for hours or days at a time, often culminating in another binge. The more you try to control your behaviour, the weaker your will power to control the hold that the food has over you. Food addiction is when you live to eat, not eat to live.



**Do you eat even though you are sick from the food behaviour?**

**Which of these negative consequences have you experienced?**

Obesity/Arthritis

Diabetes and Metabolic Syndrome

Depression, Anxiety, Social Isolation

Food addiction can become so severe that you eat compulsively even if the food is causing you physical and mental distress. Many food addicts die of their disease, often because medical clinicians are only treating the symptoms of the condition, i.e. obesity, diabetes, heart disease, and mood disorders. While these conditions must be treated, if the underlying disorder of food addiction is not also addressed, the addiction will sabotage the efforts to get well, causing the conditions to re-occur, gradually getting worse.

**Are you a food addict?** If you're ready to change, call **877-230-2918** or email **food-addiction@renascent.ca**

**Food addiction is real, and recovery is possible.**



**Renascent™**  
The road to recovery starts here.  
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