

Attuned Eating Decision Tree

Reach For Food

Hungry?

Yes

1. Restrict

- Disconnected eating
 - Diet rollercoaster
 - Weight gain
 - Eating disorder

2. Eat until satisfied

- Yes-maintain healthy weight for you
- No, under eat
 - Disconnected eating
 - Increased risk of overeating later
 - Increased risk of eating disorder
- No, overeat
 - Disconnected eating
 - Increased risk of guilt, shame
 - Increased risk of eating disorder

No

1. What are you really feeling?

Cope

2. Eat

- Disconnected eating
- Increased emotional turmoil since not dealing with the real problems