

Intuitive Eating Assessment Scale-2

This quiz will assess whether you are an Intuitive Eater, or perhaps where you might need some work. It is adapted from Tracy Tylka’s research on Tribole & Resch’s model of Intuitive Eating [1,2,3]. This updated assessment was validated for use with both men and women, and includes a new category, Body-Food Choice Congruence, which reflects Principle 10 of Intuitive Eating—Honor Your Health with Gentle Nutrition.

Directions: The following statements are grouped into the three core characteristics of Intuitive Eaters. Answer “yes” or “no” for each statement. If you are unsure of how to respond, consider if the description usually applies to you—is it mostly “yes” or “no”?

Section 1. Unconditional Permission to Eat	
Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
	1. I try to avoid certain foods high in fat, carbs or calories.
	2. If I am craving a certain food, I don’t allow myself to have it.
	3. I get mad at myself for eating something unhealthy.
	4. I have forbidden foods that I don’t allow myself to eat.
	5. I don’t allow myself to eat what food I desire at the moment.
	6. I follow eating rules or diet plans that dictate what, when and/or how to eat.
Section 2. Eating for Physical Rather than Emotional Reasons	
Yes	No
	1. I find myself eating when I’m feeling emotional (anxious, sad, depressed), even when I’m not physically hungry.
	2. I find myself eating when I am lonely, even when I’m not physically hungry.
	3. I use food to help me sooth my negative emotions.
	4. I find myself eating when I am stressed out, even when I’m not physically hungry.
	5. I am able to cope with my negative emotions (i.e. anxiety and sadness) without turning to food for comfort.
	6. When I am bored, I eat just for something to do.
	7. When I am lonely, I turn to food for comfort.
	8. I have difficulty finding ways to cope with stress and anxiety, other than by eating.

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(page 2 of 2)

Section 3. Reliance on Internal Hunger/Satiety Cues (Trust)	
Yes	No
	1. I trust my body to tell me <i>when</i> to eat.
	2. I trust my body to tell me <i>what</i> to eat.
	3. I trust my body to tell me <i>how much</i> to eat.
	4. I rely on my hunger signals to tell me when to eat.
	5. I rely on my fullness (satiety) signals to tell me when to stop eating.
	6. I trust my body when to stop eating.
Section 4. Body-Food Choice Congruence	
Yes	No
	1. Most of the time, I desire to eat nutritious foods.
	2. I mostly eat foods that make my body perform efficiently (well).
	3. I mostly eat foods that give my body energy and stamina.

Scoring

- Sections 1-2: Each “yes” statement indicates an area that likely needs some work.
- Section 3-4: Each “no” statement indicates an area that likely need some work.

Source

[1]. Tylka, Tracy L. (2006). Development and psychometric evaluation of a measure of intuitive eating. *Journal of Counseling Psychology* 53(2), Apr:226-240.

[2] Tylka, T.L. (2013). A psychometric evaluation of the Intuitive Eating Scale with college men. *Journal of Counseling Psychology*, Jan;60(1):137-53.

[3] Tribole E. & Resch E. (2012). *Intuitive Eating* (3rd ed). St. Martin’s Press, NY: NY.