### Summary of Eating Styles

<table>
<thead>
<tr>
<th>Eating Style</th>
<th>Trigger</th>
<th>Characteristic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unconscious Eating</td>
<td>Eating while doing something else at the same time</td>
<td>Unaware of eating. Sitting down and eating is often viewed as a waste of time. Eating is usually paired with another activity to be productive.</td>
</tr>
<tr>
<td>Chaotic Eating</td>
<td>Over-scheduled life</td>
<td>Eating style is haphazard – “gulp’n go” when food is available. This eating is often associated with stress and tension.</td>
</tr>
<tr>
<td>Refuse-Not Eating</td>
<td>Presence of food</td>
<td>This eating is encouraged by candy jars on desks, or food present at social gatherings or sitting openly on the kitchen counter.</td>
</tr>
<tr>
<td>Waste-Not Eating</td>
<td>Cheap or free food</td>
<td>Eating is often influenced by monetary value or cost of food. This eating is promoted by all-you-can-eat buffets and cheap food.</td>
</tr>
<tr>
<td>Emotional Eating</td>
<td>Uncomfortable emotions</td>
<td>Stress or uncomfortable feelings trigger eating – especially when alone. This is eating in response to an emotion rather than physical hunger.</td>
</tr>
<tr>
<td>Careful Eating</td>
<td>Fitness and health</td>
<td>Appears to be perfect eating, yet anguishing over each food morsel and its effect on the body. On the surface, this eating seems health and fitness driven.</td>
</tr>
<tr>
<td>Professional Dieting</td>
<td>Feeling fat</td>
<td>Perpetual dieting, often trying the latest commercial diet or diet book.</td>
</tr>
<tr>
<td>Intuitive Eating</td>
<td>Biological hunger</td>
<td>Making food choices without experiencing guilt or an ethical dilemma. Honoring hunger, respecting fullness, and enjoying the pleasure of eating.</td>
</tr>
</tbody>
</table>


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