

# Questions to Ask Before Eating:

1. Is this food healthy? Is it a whole food?
2. Will this food come with unwanted negative consequences? (headaches, fatigue, breakouts, bloating, weight gain, etc.)
3. Will this food choice create cravings now or later?
4. Will having some of this food, lead to compulsive overeating?
5. Will this food contribute to my recovery or feed my addiction?
6. Is this food choice/behaviour numbing me from what I don't want or moving me towards what I do?
7. Am I eating this food for pleasure and comfort outside of a healthy planned meal?
8. Would eating this food feel peaceful at the end of the day or bring shame, discomfort, and/or regret?