



# FOOD ADDICTION

## IDENTIFYING FOOD ADDICTION

- Craving highly palatable foods often, even when hunger is not present.
- Eating a highly palatable food past the point of feeling full.
- Feeling guilty about eating certain foods.
- Feeling a loss of control and an inability to stop eating highly palatable foods.
- Hiding the consumption of certain foods.
- Trying, without success, to stop eating certain highly palatable foods.
- Making an excuse to allow consumption of highly palatable food.
- Being unable to quit, even knowing the health outcome could be negative.
- Having a history of addiction.

## TREATING FOOD ADDICTION

- 1 Complete a self assessment of eating behavior including preferences, triggers and feelings.
- 2 Based on the self assessment, offer guidance for a targeted list of challenges. List out challenges and provide examples that support each.
- 3 Using the list of challenges, create specific goals. Utilize the SMART goals format to remain realistic and attainable.
- 4 Monitor progress to keep focus and accountability on the goals to support recovery.

**NOTE:**  
*Addiction shifting or transferring is when a person replaces one addiction with another often without realizing it.*