

Eating Styles Compared

Attuned Eating	Deprivation-Driven Eating	Emotional/Compulsive Eating
Defined:	Defined:	Defined:
Eating most of the time in response to internal cues of hunger, satiety and fullness. Able to utilize nutrition information delivered in a non-judgmental, explorative environment. Able to eat more healthfully, improve self-management of a nutrition-sensitive disease, or tailor eating style to better support physical activity.	Drive to eat stems from having been restricted or limited from the food she/he wants or needs. Deprivation can manifest physically - not providing necessary foods for health and well-being. Deprivation can manifest psychologically - limited freedom to eat as preferred, being criticized/judged for food choices, being deprived of sense of satisfaction from food.	Drive to eat originates in thoughts and feelings that she/he cannot identify, accept, express, care for, tolerate or resolve. Compelled to seek food to distract, cover up, and/or push down feelings to change thoughts/feelings. Since food/eating does not keep thoughts/feelings away or resolve distress/conflict, eating continues. Food is temporarily soothing, difficult to see alternatives.
Characteristics:	Characteristics:	Characteristics:
<ul style="list-style-type: none"> • Supportive eating • Ability and willingness to eat in response to internal cues most of the time • Eating for vitality, health and enjoyment • Tempering choices with nutrition knowledge • Free from worry, obsession or pre-occupation with food/body/eating. 	<ul style="list-style-type: none"> • History of not having free access to food • History of guilt when eating desired food • History of dieting and weight cycling • History of getting too hungry with the natural response of overeating • Can escalate when following medical diet • Food seen as/labeled good and bad • Often a desire to change the body 	<ul style="list-style-type: none"> • Little interest/ability to eat in response to internal cues • Feels compelled to eat, even when full • Feels soothed or comforted when eating • May feel angry/guilty about eating • Eats to numb, express, stuff, distract • Unable to express needs/feelings effectively
Enhance Attuned Eating	Heal Deprivation-Driven Eating:	Heal Emotional/Compulsive Eating:
<ul style="list-style-type: none"> • Affirm eating in response to internal cues most of the time • Focus on pleasurable eating, joyful movement and self/size acceptance • Temper food choices with nutrition knowledge • Consider: <ul style="list-style-type: none"> nutrition's role in reducing health risk benefits of physical activity quality of diet meal mix and expected outcome 	<ul style="list-style-type: none"> • Lift restrictions and moralization from food • Make food available at all times • Quit restricting food intake • Work towards eating in response to internal cues most of the time • Shift from "responsible" eating to responsive eating • Consider structure to ensure you are eating enough—a "minimum" guideline • Know fully that restricting food intake will cause overeating • Explore meal mix and outcome • Promote pleasurable eating, joyful movement and self/size acceptance 	<ul style="list-style-type: none"> • Track hunger/satiety/fullness • Explore feeling states that prompt eating • Learn language of feelings • Consider structure to learn about emotionally prompted eating (structure can be simply hunger/satiety work) • Transform emotional eating - if binge, do so with full awareness; select only satisfying foods; develop other coping strategies, etc • Adjunct psychotherapy • Explore parallel process of eating and life events/feelings (decoding) • Promote pleasurable eating, joyful movement and self/size acceptance