

**Body and Diet Beliefs Worksheet\***

This worksheet activity asks you to examine each statement three different ways based on:

- **Science**—does current scientific thought hold this statement to be true or false?
  - **My Belief**—do you believe this statement to be true or false?
  - **My Behavior**—do you behave as if this statement is true, regardless of whether you believe it; or do you behave as if this statement is false whether you believe it or not?
- Answer each box with **T** for true or **F** for false.

Review and discuss your responses. Did you notice incongruences? For example, did your behavior align with your understanding of science, or what you know? What do you need in order for your actions to match your knowledge?

Science	My Belief	My Behavior	Statement
			1. If I eat bread or starch foods it will make me gain weight.
			2. If I feel bloated it means that I have gained weight (fat).
			3. If I eat past 7:00 pm or late in the night the food will most likely turn to fat.
			4. As long as I exercise, my metabolism will stay normal, even if restrict my calories (or food).
			5. If I eat sweets, I will lose control and overeat because sugar is addicting.
			6. The longer I restrict my food intake the more likely I am to overeat.
			7. If I stick to eating fat-free or low carbohydrate foods I will lose weight.
			8. If I eat a meal or snack, and am hungry one hour later, there’s something wrong with me—I don’t need that extra food.
			9. I need to be ravenously hungry to deserve to eat.
			10. The reason that I overeat or binge is that I have no willpower.
			11. I can eat more food if I exercise more.
			12. Skipping meals helps me save extra calories that my body does not need.
			13. If I eat a fatty food such as cheesecake or real ice cream, I will gain weight.
			14. I avoid fast foods because they are unhealthy.
			15. Eating protein with a meal or snack contributes to satiety (fullness).
			16. It’s possible to eat a meal with 20 grams of fat and be healthy.
			17. If I under eat, my metabolism will slow down.
			18. The body requires essential carbohydrates.
			19. If I eat more than my friends or family, that means I have eaten too much.
			20. If I under eat, I am likely to start thinking <i>more</i> about food.

\*Concept adapted from: Reif & Reif: *Eating Disorders: Nutrition Therapy in the Recovery Process*, p.54, Aspen Publishers, 1992.