

ACORN Assessment Tool

“You may be a Normal Eater if...”

(Check all that apply)

- You have maintained a healthy weight most of your life.
- You can stop eating when you want to.
- You do not frequently use food to numb your feelings.
- You are not often preoccupied with food, eating or weight.
- You find it easy to be specific and tell the truth about eating and food.
- You almost never binge, restrict or purge food.
- You do not obsess with exercise to control weight.
- You can diet when you gain a little too much weight.
- You lose weight from dieting, then don't worry about food or weight.
- You enjoy and eat a wide range of foods.
- You have a healthy concern about eating too much junk food.
- You are willing to put down some favorite food completely if this will add to your health.
- The image of your body corresponds to what friends/health professional say they see.
- You can maintain healthy eating habits without trying very hard.
- You have considered yourself eating disordered or food addicted, and received a professional evaluation which confirmed this.

Interpretation: If you did not check three or more, you are not a normal eater. Sorry.