

Yale Food Addiction Scale

The following questions ask about your eating habits in the past year. People sometimes have difficulty controlling their intake of certain foods such as sweets, starches, salty snacks, fatty foods, sugary drinks, and others.

Answer options for this section:

- 0: Never
1: Once per month
2: 2-4 times per month
3: 2-3 times per week
4: 4+ times per week

- 1 I find myself consuming certain foods even though I am no longer hungry. _____
- 2 I worry about cutting down on certain foods _____
- 3 I feel sluggish or fatigued from overeating. _____
- 4 I have spent time dealing with negative feelings from overeating certain foods, instead of spending time in important activities such as time with family, friends, work, or recreation. _____
- 5 I have had physical withdrawal symptoms such as agitation and anxiety when I cut down on certain foods. (Do NOT include caffeinated drinks: coffee, tea, cola, energy drinks, etc.) _____
- 6 My behavior with respect to food and eating causes me significant distress. _____
- 7 Issues related to food and eating decrease my ability to function effectively (daily routine, job/school, social or family activities, health difficulties). _____

Answer options for this section: Yes/No

IN THE PAST 12 MONTHS...

- 8 I kept consuming the same types or amounts of food despite significant emotional and/or physical problems related to my eating. Y N
- 9 Eating the same amount of food does not reduce negative emotions or increase pleasurable feelings the way it used to. Y N

The bold figures below represent the threshold necessary to meet each symptom.

Question 1: **4**

Question 4: **3 or 4**

Question 7: **3 or 4**

Question 2: **4**

Question 5: **3 or 4**

Question 8: **YES**

Question 3: **3 or 4**

Question 6: **3 or 4**

Question 9: **YES**

TO MEET THE FOOD ADDICTION THRESHOLD, YOU NEED TO MEET THE THRESHOLD FOR EITHER QUESTION 6 OR 7 **AND** MEET THE THRESHOLD FOR 3 OR MORE OF THESE QUESTIONS (1-5, 8-9)



About Dr. Sara

Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for quoting Top 40 lyrics and effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at www.saragottfriedmd.com

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