

Jessica Dean Nutrition's

WHAT TYPE OF EATER ARE YOU?

Unconscious Dieter

- AKA "Healthy Eater" or "Careful Eater"
- Meticulous eating habits
- Food rules that can be paralyzing
- Highly conscious of nutrient value of foods
- Spends lots of time planning and worrying about food choices

Professional Dieter

- AKA "Chronic Dieter"
- Tries the latest diet trend
- "Last Supper" behaviors before diet starts
- Picks foods for sake of weight loss NOT health
- Experiences lose weight -> binge -> gain weight cycle AKA "The Dieters Dilemma"

Unconscious Eater

- Sees eating is a waste of time
- Unaware of how much they are eating
- Can result in chronic mindless overeating
- Usually eats while doing other activities such as email

Chaotic Eater

- Over planned and hectic life
- Depends on Grab and Go foods
- Nutrition is important but not during chaotic time
- Out of touch with hunger cues... becomes overly hungry and results in overeating

Refuse-Not Eater

- Triggered by presence of food
- Hard time refusing treats at work and easy access foods at home

Waste-Not Eater

- Eats leftovers regardless of hungry
- Triggered by free food and buffets
- Would rather eat the food than throw it away

Emotional Eater

- Eating in response to uncomfortable emotions
- Experiences binge-like behaviors in response to an emotional trigger



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