



Do You Ever Get Funny with Food?

Do you ever get “funny” with food? When you have an oral report, test, big plans or make a mistake, do you:

- * eat a lot of favorite foods?
- * pick at your food?
- * eat when you aren’t even hungry?
- * feel sick to your stomach for no reason?
- * eat and eat until you feel sick?

When you’re bored, tired or mad, do you eat? Do you stop eating?

Most people get “funny” with food during stressful times in their lives. It isn’t the nine chocolate chip cookies or the two large bowls of ice cream that you need to worry about. It’s how often you get “funny” with food and its effects on your life.

Contact your health care provider if you:

- ➔ vomit after eating;
- ➔ think of food more and more;
- ➔ use laxatives several times a week;
- ➔ eat very large amounts of food, very fast;
- ➔ think about your body shape and weight a lot every day;
- ➔ eat in secret;
- ➔ spend less and less time with friends and family;
- ➔ eat little some days and eat tremendous amounts other days.

If food is “ruining” your life, talk to a counselor or health care provider.



By Janet S. Kurzynske, Ph.D., R.D.
Food and Nutrition Specialist