Do I Have a Healthy Relationship with Food?

Give yourself 1 point for every statement you answer "yes" to.

1. I rarely feel hungry during the day, but find myself very hungry or out of control with food at night. ☐
2. I sometimes hide food wrappers or prefer to eat certain foods when no one is watching. ☐
3. I feel the need to make up for eating by exercising more, restricting, or starting a rigid diet. ☐
4. I've tried multiple diets, but none have felt sustainable long term. ☐
5. I feel anxious, guilty, or ashamed after eating certain foods. ☐
6. I don't keep certain foods in the house because I worry I'll lose control around them. ☐
7. I struggle to recognize when I'm comfortably full. ☐
8. I regularly cut out entire food groups (grains, sugar, dairy, etc.) without a medical reason. ☐
9. I often eat in response to boredom, stress, sadness, or exhaustion. ☐
10. I'm unsure what a balanced, nourishing diet actually looks like. ☐

What your score means for you

0-1 pts

You likely have a fairly balanced relationship with food. If you'd like support with meal planning, performance nutrition, or managing a medical condition, working with a dietitian can still be helpful.

2-5 pts

You may be experiencing a strained or stressful relationship with food. These patterns are common — especially in diet culture — but they can be exhausting. Working with a dietitian can help you rebuild trust with your body and create a sustainable, balanced approach to eating.

6-10 pts

Your responses suggest you may be struggling with significant food and body concerns and could be at risk for an eating disorder. You deserve support. Working with a dietitian who specializes in eating disorders — alongside therapy and medical care when appropriate — can help you stabilize eating patterns and feel more at peace around food.

Important Note

This quiz is not a medical diagnosis — it is a reflection tool to increase self-awareness. If your score surprised you, you don't have to figure this out alone. I'm here to help.

How Working Together Can Help



Heather Mason, MS, RD, CDCES

Registered Dietitian & Diabetes Educator

Hi, I'm Heather Mason, a registered dietitian and diabetes educator with over 10 years of experience helping clients achieve food freedom. I specialize in helping people break the binge-restrict cycle, quiet food noise, and rebuild a peaceful relationship with eating.

If you scored a 2 or above on the quiz, you probably have a strained relationship with food. Whether you need help recovering from an eating disorder, or are sick and tired of trying new diets and feeling like a failure when they don't work long term, I can help you heal.

The pressures of diet culture are real, and sometimes you need an expert to help weed out the noise. Food does not have to be a struggle. After working with me, you will find the joy in eating and feel truly at peace with your body.

✓ **Insurance accepted**
Many clients pay little to no out-of-pocket cost

✓ **Virtual sessions available**
from the comfort of your home

Client Testimony

Working with Heather truly helped change my life for the better. She is knowledgeable, passionate about her work, intuitive and sensitive to my feelings and struggles. The way I now relate to my body, my health, and food in general has completely shifted in a positive way. I'm very grateful for Heather!

- Justin R., Client

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Book Today!

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