Emotional Eating
Questions:

1. Emotional eating is
   A. eating because you feel like it.
   B. eating in response to feelings instead of hunger.
   C. eating because you are hungry.

2. Some foods may seem addictive, creating an internal reward that causes one to develop a preference for foods related to specific emotions.
   A. True
   B. False

3. Keeping a food diary can help identify
   A. your favorite dinner foods.
   B. the best time for you to eat.
   C. eating patterns and triggers to avoid.

4. Recognizing true physical hunger will help to control emotional eating.
   A. True
   B. False

5. When you find yourself giving in to emotional eating, you should forgive yourself and start fresh the next day.
   A. True
   B. False
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Answers:

1. Emotional eating is
   B. eating in response to feelings instead of hunger.

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   A. True