

# are you dieting by mistake?

You might not be aware of the extent to which your eating is dictated by dieting rules. Try this simple exercise: print this worksheet and fill in the answers.

## IS THIS YOU?

- Don't have carbs after lunch
- Breakfast is the most important meal of the day
- Eat six small meals a day to keep my metabolism going
- Have protein at every meal
- Chew gum, or drink water or diet soft drinks when hungry
- Eat at the same time every day.
- Order salad dressing on the side
- Don't eat after 8 pm at night
- Other rules you follow: \_\_\_\_\_

For each diet rule you ticked, ask yourself:

- Do I feel guilty when I don't do this behaviour?
- When I break this diet rule, do I feel bad about myself or feel guilty?
- Does this behaviour cause me to think about food more? Does it make me feel obsessed with food?

If the answer to any of these questions is yes, then this diet rule is most certainly a diet in disguise.

## DO YOU SAY, "I'M NOT DIETING, I'M JUST ..."

- Trying to be good
- Following a meal plan
- Avoiding gluten (even though I'm not coeliac or sensitive)
- Cutting out all sugar or foods containing sugar
- Cutting out all junk food
- Avoiding alcohol to lose weight
- Eating "clean"
- Doing a cleanse
- Cutting out wheat/dairy/meat/carbs/other in order to lose weight
- Weighing myself daily or weekly
- Saying no to social occasions so I can eat more healthily
- Detoxing
- Tracking what I eat with a calorie counter
- Trying not to binge
- Limiting treats to a "cheat meal"



Source: *The Nude Nutritionist* by Lyndi Cohen, Murdoch Books, RRP \$35.00.



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