



Red Willow

COUNSELING & RECOVERY

Are You Orthorexic?

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Answer the following questions to see if your healthy diet has consuming too much of your life.

1. Do you spend more than three hours a day thinking about healthy food? (*Scoring note: for four hours, give yourself 2 points.*)
2. Are you already planning tomorrow's healthy menu today?
3. Do you care more about the virtue of what you eat than the pleasure you receive from eating it?
4. Has the quality of your life decreased since the quality of your diet has increased?
5. Do you keep getting stricter with yourself?
6. Do you feel an increased sense of self-esteem when you are eating "right" and look down on others whose diets are not, in your eyes, healthy?
7. Do you skip foods you enjoy just to eat the "right" foods?
8. Does your diet make it difficult for you to eat away from home?
9. Are you becoming socially isolated?
10. Do you feel guilty or hate yourself when you stray from your diet?
11. When you eat the "good" foods, do you feel a peaceful sense of total control?

Give yourself one point for each "yes" answer.

- **2-3 points:** You may have a mild case of orthorexia. Be aware of your behavior.
- **4-9 points:** You may have a moderate case of orthorexia. You may need to relax your diet standards.
- **10 points or more:** You are obsessed with your healthy diet. You may need to seek professional help.