Food Addiction:  
Fact or Fiction?  
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1. You should eat only “healthy” foods.
   
Fact  Fiction

2. Being tired, angry, anxious, bored or lonely can lead you to eat more.
   
Fact  Fiction

3. You crave certain foods because your body needs the nutrients in that food.
   
Fact  Fiction

4. What you buy when grocery shopping, or what you have in the house, can affect how you eat.
   
Fact  Fiction

5. When you have a craving, you must eat that food.
   
Fact  Fiction
FOOD ADDICTION: RESOURCES

For more information about food addiction:
Yale Rudd Center: http://www.yaleruddcenter.org/hot_topics.aspx

Podcasts, questionnaires and information created by one of the leading researchers in the area


For your own concerns or to explore treatment:
La Salle University’s Counseling Center

Academy for Eating Disorders (aedweb.org) or National Eating Disorders Association (http://www.nationaleatingdisorders.org) to find a practitioner who specializes in eating disorders