

**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](http://www.yaleruddcenter.org/hot_topics.aspx)

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

**Brownell, K. & Gold, M.S. (2012).** *Food and Addiction, a Comprehensive Handbook*. New York, NY: Oxford University Press.

**Hebebrand, J., et al. (2014).** “Eating addiction” rather than “food addiction”, better captures addictive-like eating behavior. *Neuroscience and Biobehavioral Reviews*, 47, 295-306.

**Muele, A. & Gearhardt, A. (2014).** Five years of the Yale Food Addiction Scale: Taking stock and moving forward. *Current Addiction Reports*, 1(3), 193-205.

**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**