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[illegible]

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???3??????

Do you plan your meals several days ahead?

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Is the nutritional value of your meal more important than the pleasure of eating it?

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Has the quality of your life decreased as the quality of your diet has increased?

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Have you become stricter with yourself lately?

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Does your self-esteem get a boost from eating healthily?

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Have you given up foods you used to enjoy in order to eat the 'right' foods

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Does your diet make it difficult for you to eat out, distancing you from family and friends? ??????????????????????

Do you feel guilty when you stray from your diet?

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Do you feel at peace with yourself and in total control when you eat healthily?

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Yes to 4 or 5 of the above questions means it is time to relax more about food.

4-5?????“?”????????????

Yes to all of them means a full-blown obsession with eating healthy food.

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