

# IS MMW NUTRITION COUNSELING RIGHT FOR ME? CHECKLIST:

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- I feel guilty when I eat certain foods.
  - I have food rules for myself (e.g. "I can't eat past 8pm").
  - I categorize foods as "good" or "bad".
  - I think negatively about my body and/or my appearance.
  - I exercise more if I feel like I ate too much to burn off calories.
  - I do not feel in control of my body or eating habits.
  - I feel as though I have tried everything and nothing has worked.
  - I want to learn how to trust my body and my hunger cues.
  - I want to make peace with food and my body.
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If you checked one or more of the above items, you may need support from a Registered Dietitian. Contact MM Wellness to schedule a free discovery call!

**[mmwellnessnutrition.com](http://mmwellnessnutrition.com)**

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