

NAME:

DATE:

## NORMAL EATING SCALE (S. Hart 2010)

For each item please circle the answer that best characterises your attitudes or behaviours.  
Thank you.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. It is essential for me to follow a set or prescribed meal plan rigidly	1	2	3	4	5
2. I'm okay about treating myself to a fancy meal every now and again	1	2	3	4	5
3. I can be flexible with food every day	1	2	3	4	5
4. If I don't eat the same food every day I feel anxious	1	2	3	4	5
5. I can eat food that isn't on a set or prescribed meal plan	1	2	3	4	5
6. Having some fat in my diet is an important source of fat soluble vitamins	1	2	3	4	5
7. If I don't know exactly what is in the food I can't eat it	1	2	3	4	5
8. I'm not too fussy about what type of milk I have	1	2	3	4	5
9. I can eat my meals at different times each day if I need to	1	2	3	4	5
10. I can eat food without knowing what's in it	1	2	3	4	5
11. I always read the nutrition labels on food so I know exactly what I am eating	1	2	3	4	5
12. I try to spend as little money as possible on food	1	2	3	4	5
13. I always choose skim milk in preference to whole milk as it's a much healthier choice	1	2	3	4	5
14. I don't worry if some days I eat a little more and some days I eat a little less	1	2	3	4	5
15. I have to know precisely how much energy/calories/kilojoules are in my food	1	2	3	4	5
16. If I miss food that is on a set meal plan I usually don't add it back in	1	2	3	4	5
17. It's part of healthy eating to avoid things like margarine and butter	1	2	3	4	5
18. I have no problem eating what other people eat at social gatherings and celebrations like birthdays	1	2	3	4	5
19. If someone gave me food as a gift I would always throw it away	1	2	3	4	5
20. I like trying new foods	1	2	3	4	5
21. I can only decide what I should eat once I've weighed myself	1	2	3	4	5
22. I need to stick to my dietary rules otherwise I feel guilty	1	2	3	4	5
23. I don't spend lots of time thinking about what I have just eaten	1	2	3	4	5
24. I have to limit my food choices otherwise I feel anxious	1	2	3	4	5
25. I have no problems making choices between a range of different foods	1	2	3	4	5
26. I think it's okay to measure and weigh all the food that I eat	1	2	3	4	5
27. If my dinner is changed at the last minute, I am able to eat it without worrying	1	2	3	4	5
28. If a food is not written on a set meal plan for me I would never think of eating it	1	2	3	4	5

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2012 Additions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
29. I am comfortable eating high energy snack foods i.e. chocolate, biscuits and cakes	1	2	3	4	5
30. If I don't eat meat, chicken or fish, I always make sure I replace it with a nutritional equivalent such as eggs, cheese or tofu	1	2	3	4	5
31. I believe that carbohydrate foods (i.e. bread, rice, pasta) are an important part of my diet	1	2	3	4	5
32. I would not consider including nuts or seeds in my diet as they are too high in fat	1	2	3	4	5
33. It is healthy to have 2 serves of fruit and 5 serves of vegetables every day	1	2	3	4	5
34. Having an adequate quantity of protein foods (i.e. meat, chicken and fish) each day is important for good health	1	2	3	4	5
35. When I am hungry I have often coffee, tea or diet cola to fill me up	1	2	3	4	5
36. One of the best sources of dietary iron in the diet is red meat	1	2	3	4	5
37. A balanced diet is important for good health but I believe this applies to others more than it applies to me	1	2	3	4	5
38. I am very strict about high energy snacks (i.e. chocolate, biscuits and cakes) and generally do not allow myself to eat them	1	2	3	4	5
39. I think eating only eating vegetable based proteins i.e. tofu, beans or lentils, is compatible with health	1	2	3	4	5
40. One of my dietary rules is following a vegetarian eating plan as I think it is a healthier than diets than contain meat	1	2	3	4	5
41. I believe the more fluid I drink the better, as this is healthy for my body	1	2	3	4	5
43. When I am lacking in energy or feeling tired, I like to have a caffeine containing drink as this give me a boost	1	2	3	4	5
44. I don't worry about skipping some food groups as I regularly take vitamin and mineral supplements	1	2	3	4	5

**Note:** this pilot survey is not validated and is currently under investigation. It aims to measure attitudes to nutrition, and its relationship to a healthy diet.

This has not yet been confirmed by validity studies.

It is written by a dietitian, and change on single items at the start and the end of treatment may be useful to measure changes in eating behaviour

For more information on this survey please contact Dr Susan Hart, email:  
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## **NORMAL EATING SCALE Scoring**

This is a pilot survey that has been developed by a dietitian specialising in the area of eating disorders. It is currently under investigation and has not been validated. No normative or psychometric data is currently available.

It aims to measure attitudes to nutrition, and its relationship to a healthy diet. A total score is obtained at different time points to assess whether dietary and attitudinal changes towards eating have been made.

There are 43 items on the questionnaire. Scores are made on a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree).

Twenty-four items have been reversed:

1, 4, 7, 11, 12, 13, 15, 16, 17, 19, 21, 22, 24, 26, 28, 32, 35, 37, 38, 39, 40, 41, 42, 43.

Total score = sum (reversed items + remaining items)