|  |
| --- |
| Translating ecSI 2.0 into [Language]  |
| Below are statements about your eating. Think about each one, then choose the best response for you. |
|  |
| **A = Always O = Often S = Sometimes R = Rarely N = Never** |
|  |
| © Copyright 2007 by Ellyn Satter. Reproduced with permission only. For more information, Krall JS, Lohse B.  *Int J Behav Nutr Phys Act*. 2011;8:26.  |
|  |
| Dates |  |  |  |  |  |  |  |  |  |
| A. English original  | B. Translation | C. Back Translation  | D. Comment | E. ES and BL comments | F. Further translation | G. Back translation  |  |  | Final item |
| 1. I am relaxed about eating. |  |  |  |  |  |  |  |  |  |
| 2. I am comfortable about eating enough. |  |  |  |  |  |  |  |  |  |
| 3. I have regular meals. |  |  |  |  |  |  |  |  |  |
| 4. I feel it is okay to eat food that I like. |  |  |  |  |  |  |  |  |  |
| 5. I experiment with new food and learn to like it. |  |  |  |  |  |  |  |  |  |
| 6. If the situation demands, I can “make do” by eating food I don’t much care for. |  |  |  |  |  |  |  |  |  |
| 7. I eat a wide variety of foods.  |  |  |  |  |  |  |  |  |  |
| 8. I am comfortable with my enjoyment of food and eating. |  |  |  |  |  |  |  |  |  |
| 9. trust myself to eat enough for me. |  |  |  |  |  |  |  |  |  |
| 10. I eat as much as I am hungry for. |  |  |  |  |  |  |  |  |  |
| 11. I tune in to food and pay attention to eating. |  |  |  |  |  |  |  |  |  |
| 12. I make time to eat. |  |  |  |  |  |  |  |  |  |
| 13. I eat until I feel satisfied. |  |  |  |  |  |  |  |  |  |
| 14. I enjoy food and eating. |  |  |  |  |  |  |  |  |  |
| 15. I consider what is good for me when I eat. |  |  |  |  |  |  |  |  |  |
| 16. I plan for feeding myself. |  |  |  |  |  |  |  |  |  |