

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. I 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.									

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