

## Take this quiz to determine your SDQ (Social Dieter Quotient)

### You are a Social Dieter if:

1. \_\_\_\_\_ You enjoy food and the whole atmosphere surrounding eating, but you constantly worry about your weight
2. \_\_\_\_\_ You love eating in restaurants of many types, ethnicities, and price-points, but often the restaurant choice is based on your diet of the day and not on what you really want to eat
3. \_\_\_\_\_ You enjoy shopping in gourmet food stores and at farmers markets
4. \_\_\_\_\_ You often eat take-out because you are too tired to cook
5. \_\_\_\_\_ You read about food even if you don't cook
6. \_\_\_\_\_ You love diners and luncheonettes, but also keep Zagat's or other restaurant guides handy
7. \_\_\_\_\_ You have been on many diets and spend a lot of time thinking about food and what to eat
8. \_\_\_\_\_ You are very specific about the type of food you want and how it is to be prepared and feel obliged to give waiters a long list of directions
9. \_\_\_\_\_ You often abandon your diet because your family, friends, or roommates don't like "your" food and make you feel like a party-pooper
10. \_\_\_\_\_ You're routinely faced with the choice of donuts, cookies, or bagels in your conference room, break room, and/or in airports
11. \_\_\_\_\_ Invitations to dinner, parties, weddings, drinks, coffee, or pizza – any place where there is potentially caloric disaster -- fill your inbox
12. \_\_\_\_\_ You travel for business and/or pleasure and must make food choices in many different cities and countries
13. \_\_\_\_\_ You break into a sweat reading menu choices in restaurants because you don't want the other people at the table thinking "Oh, not another diet!"
14. \_\_\_\_\_ You frequently get to a hotel room late at night and dinner choices come from the mini-bar, vending machine, or the late night room service snack menu

15. \_\_\_\_\_ You often end up eating certain foods that you are trying to avoid because it's too embarrassing to have to make special requests

**If you have from five to eight affirmative responses:** you are a social dieter and are concerned about your eating, your health, and the perception of your behavior.

**If you have eight or more affirmative responses:** you are a supreme social dieter and are very concerned about your eating, your weight, how your behavior affects others, and how to maintain an eating plan in multiple venues.

**If the majority of your “yes” answers are odd numbered statements:** you are mostly interested in food of varying types, your weight and health, and are worried about how your food preferences and desires will appear to other people.

**If the majority of your “yes” answers are even numbered statements:** you are a business and/or travel dieter and face food challenges in various venues like the conference or board room, hotels, airports, and restaurants located in countries other than your own.

**If you have a combination of responses you face the challenges of most social dieters:** concern about your health and weight, how your food preferences and behaviors affect others around you, and how you handle your eating in venues outside of your usual demographic – and perhaps outside of your comfort zone.

## YOUR SCORE:

Total number of “Yes” responses \_\_\_\_\_

Total number of “Yes” responses to even numbered questions \_\_\_\_\_

Total number of “Yes” responses to odd numbered questions \_\_\_\_\_

**This quiz is meant to be for informational purposes only and should not be construed as professional advice.**

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