

## Supplementary file 3. Tool to facilitate reflection and dialog about eating habits

### MY EATING HABITS

Eating is normally more influenced by the principles of pleasure and social interaction. Please circle the scale below. How strongly do you agree with the following statements?

#### My eating habits depend on...

	Strongly disagree						Strongly agree
...my emotions (boredom, loneliness, sadness, reward, guilt, anger, happiness)	0	1	2	3	4	5	6
...my physical discomfort (stress, tiredness, exhaustion, pain)	0	1	2	3	4	5	6
...my daily routines (TV, reading, late at night)	0	1	2	3	4	5	6
...availability or social life (friends, family, weekends, holiday)	0	1	2	3	4	5	6

#### Try to describe the certain events that trigger your unhelpful eating habits?

(Emotions, physical discomfort, daily routines, availability or social life?)

#### How can you manage your eating habits differently?



#### Discuss in the group:

1. Triggers to food?
2. Alternative activities to food?

#### Facilitator tips:

1. Highlight and link participants with similar concerns and solutions in the group
2. Summarize similar issues to help participants see topics in a new way by hearing and considering new ideas and perspectives from others having the same challenges