

What Is Food Noise?

youembody.com/health-wellness/weight-loss/what-is-food-noise-test



Of course you think about food — we all do. But if food thoughts feel unstoppable, distract you from important things, or interfere with your daily life, they may have crossed the line into food noise.

You've probably heard that term a lot lately, since many people on GLP-1 weight loss medications say the drugs help to quiet the constant din. Some say they didn't even realize they were experiencing food noise until it stopped.

Because the concept of food noise is relatively new, researchers have just begun to dig into why it happens, what damage it might cause, and what kinds of treatments might tone it down. In the meantime, though, you may wonder whether your own thoughts are worth discussing with your doctor.

Your responses to the following statements can provide some clarity.

This self-test was inspired by recent research. It is designed to screen for the possibility of food noise, and it is for personal use only. This test is not intended as a diagnostic tool. Please share the results with your health care provider.

Question 1

When my mind wanders, I think about food or eating.

- a
All The Time
- b
Often
- c
Sometimes
- d
Rarely
- e
Never

Question 2

I daydream about what I'm going to eat next hours ahead of time.

- a
All The Time
- b
Often
- c
Sometimes
- d
Rarely

- e
Never

Question 3

Thoughts of food make it hard for me to stay on task.

- a
All The Time

- b
Often

- c
Sometimes

- d
Rarely

- e
Never

Question 4

When I see an ad for food, it makes me want to eat.

- a
All The Time

- b
Often

- c
Sometimes

- d
Rarely

- e
Never

Question 5

My food thoughts get triggered by scents, like bacon or freshly baked cookies.

- a
All The Time
- b
Often
- c
Sometimes
- d
Rarely
- e
Never

Question 6

When I'm around my favorite food, I keep thinking about it until I eat some.

- a
All The Time
- b
Often
- c
Sometimes
- d
Rarely
- e
Never

Question 7

Food thoughts are making life more difficult for me.

- a

All The Time

- b

Often

- c

Sometimes

- d

Rarely

- e

Never

Question 8

My food cravings feel out of control.

- a

All The Time

- b

Often

- c

Sometimes

- d

Rarely

- e

Never

Question 9

I think about food at inappropriate times, like during important conversations or when trying to fall asleep.

- a

All The Time

- b
Often

- c
Sometimes

- d
Rarely

- e
Never

Question 10

When I'm stressed, thinking about food calms me down.

- a
All The Time

- b
Often

- c
Sometimes

- d
Rarely

- e
Never

Question 11

I wish I didn't think about food so much.

- a
All The Time

- b
Often

- c
Sometimes

- d
Rarely

- e
Never

This questionnaire is not a formal diagnostic tool and is intended for informational purposes only for adults ages 18 and older. Only a trained healthcare professional can provide a medical assessment and personalized treatment plan.
