

EATING DISORDERED BEHAVIORS	REPLACEMENT BEHAVIORS
Use of utensils to eat a sandwich	Use hands to eat a sandwich
Cutting food into small pieces	Cutting food into bigger bites
Mixing of, or separation of, foods from format they are meant to be eaten in	Eating foods as they are served on the plate
Pouring beverages on solid food (with the exception of milk on cereal)	Consume food and beverages from their original containers
Consuming condiments in excess on menu items	Using condiments in moderation to enhance, not hide flavor of food
Not touching lips to silverware	Touching lips to silverware
Drinking all fluids prior to meal	Alternate between eating and sipping fluids
Not allowing foods to touch on the plate	Eating food as served
Isolating/staring into space	Engaging in conversation with meal mates
Spitting food out	Chewing and swallowing food
Wiping utensils with a napkin	Not wiping utensils with napkin
"Checking" or "Playing" with foods	Not Checking/playing
Eating foods in a certain order	Eating foods in random order
Counting chews, excessive chewing	Chewing in normal manner
Hiding food in napkin or clothing	Eating all food as served
Eating too fast or slow	Finishing meal in allotted time/normal pace
Wearing clothes with pockets or hoods (ie. coats), which may be conducive to hiding food	Taking off coats, jackets, and sweatshirts with hoods or pockets before eating
Engaging in profanity or abusive talk	Engaging in normal social conversation
Regurgitating food back into mouth	Keep all food down after swallowing
Asking to substitute food at meals	Eat all foods as served
Distraction of peers with gestures	Appropriate body language
Talking about calories, food, fats, etc	Not using "food talk"
Patting foods with a napkin to remove grease	No touching napkin to food
Smearing foods or condiments around the plate	Putting condiments directly on the appropriate food item(s)
Allowing pieces of food to drop onto floor or lap	Keeping food above the table and on the plate
Allowing condiments to get all over fingers as they are being used	Using knife to spread condiments onto the food
Tearing or breaking cookies, crackers, sandwiches, muffins, granola bars, etc.	Biting directly into the food
Dunking foods inappropriately (ex. sandwich into yogurt)	No dunking foods / eating foods separately
Crumbling foods into yogurt, pudding, milk, etc.	No crumbling foods / eating foods separately
Questioning and negotiating about portion sizes at the meal	Eating food as served and not being overly focused on the food at the meal