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FOOD NOISES IN THE BRAIN QUESTIONNAIRE

Do You Constantly Think About Food?

Check YES or NO. A high score may suggest food obsession, binge tendencies, or emotional eating.

Question	Yes	No
1. Do you think about food even when you're not physically hungry?		
2. Do thoughts of food interrupt your concentration or daily tasks?		
3. Do you plan your day around when and what you'll eat next?		
4. Do you feel mentally "pulled" toward food even after eating?		
5. Do cravings seem to come from your mind, not your stomach?		
6. Do you feel a constant "mental chatter" about what you want to eat?		
7. Do certain sights, smells, or ads trigger immediate food thoughts or urges?		
8. Do you struggle to stop thinking about food until you eat it — even if you're full?		
9. Do food thoughts increase during boredom, stress, or emotional situations?		
10. Do you feel like your brain overrides your willpower around food?		
11. Do you eat secretly or impulsively after battling food thoughts for hours?		
12. Do you wake up or stay up late thinking about food or snacks?		
13. Do you feel mentally relieved only after you've eaten the craved food?		
14. Have you tried diets, but "food noise" in your mind sabotages your progress?		
15. Do you wish you could just "turn off" the constant food thoughts in your head?		

Summary of Results:

0–3 YES: Likely within normal eating behavior. Occasional food thoughts are expected.

4–7 YES: May indicate heightened food preoccupation, emotional eating, or habit-based cravings.

8 or more YES: Suggests possible food noise syndrome, binge eating tendencies, or dopamine-driven eating — treatment options such as GLP-1 medications, microdosing, or cognitive-behavioral strategies may help reduce mental food chatter.

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