

The Comfort Food Chronicles : Unpacking Emotional Eating



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Comfort Food Re..

- Anger, sadne..
- Boredom
- Depression, ..
- happiness, s..
- Loneliness / ..
- Sad, bored, e..
- Stress

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Comfort Food
Choices

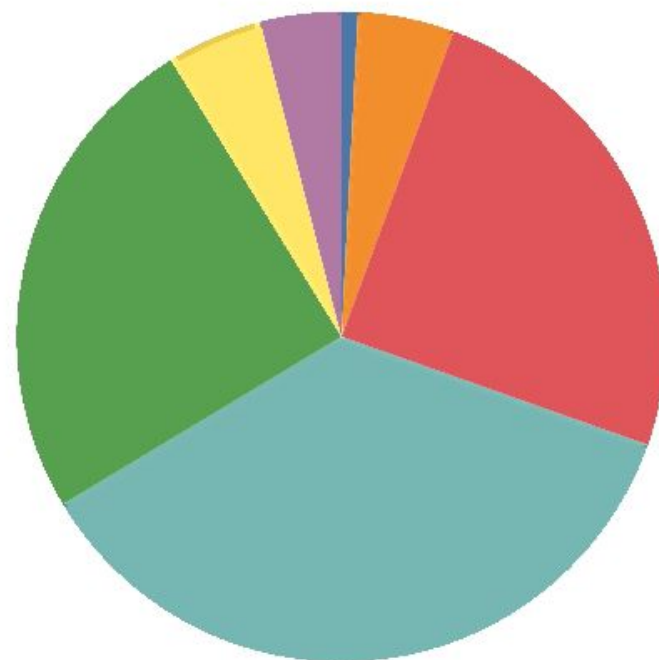
Why We Seek
Comfort Food

How We
Perceive Our

Perceived
Health and

Finding Life
Rewarding

Gender
Breakdown



Self Perception ..

Null

1

2

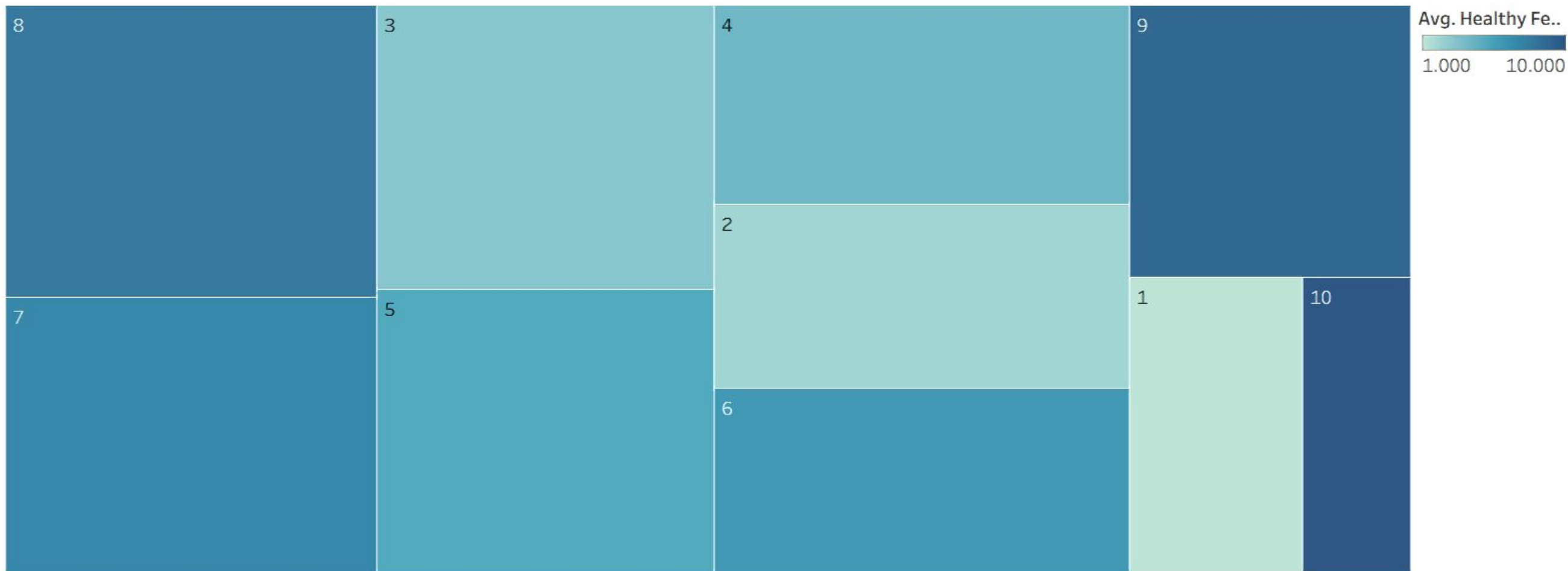
3

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5

6

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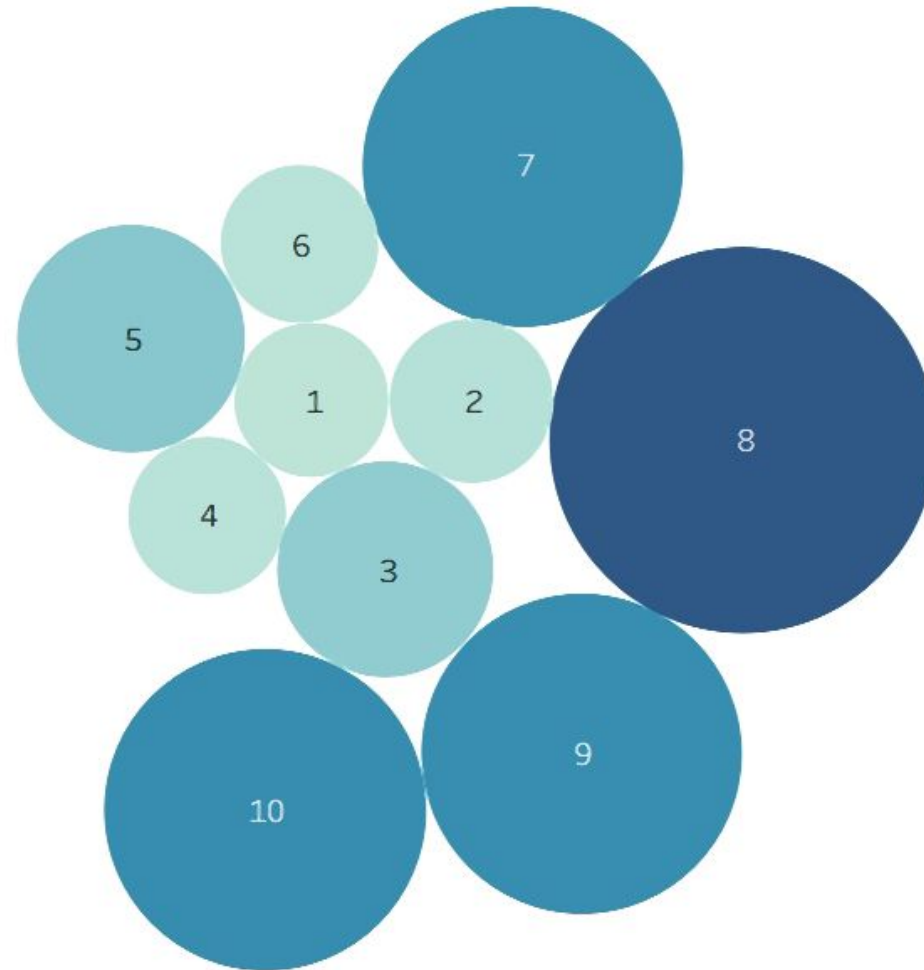
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1 null

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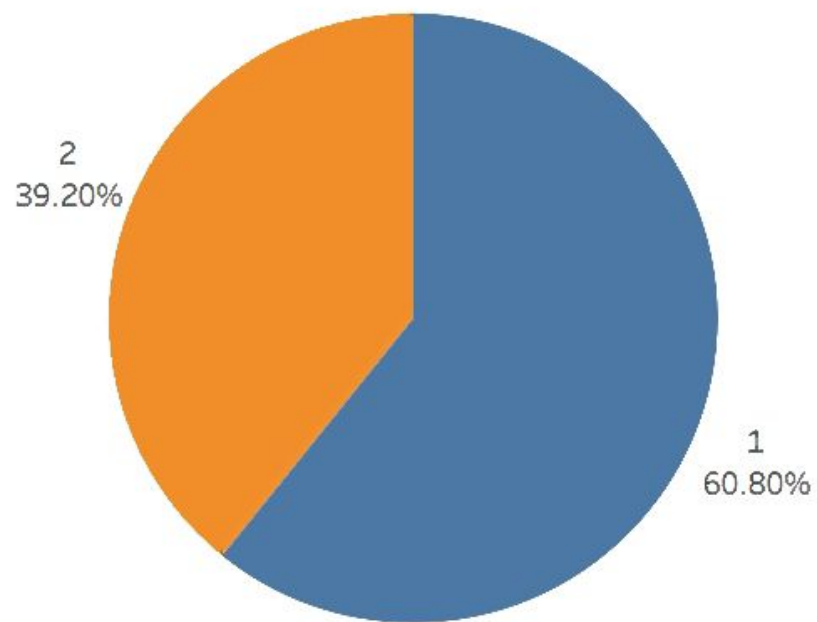
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Gender

1

2

Number of Reco..

125