

# How to Recognize Hunger/Fullness

## How to tell if you are hungry:

- Physical signs:
  - Stomach growling, empty feeling, lack of focus
- Desire to eat doesn't go away
- Desire for food intensifies over time
- Non-favorite foods even sound good

## Do not ignore true hunger.

- It's natural to get hungry every 3-4 hours while awake. Eating at regular intervals can:
  - Increase metabolic rate
  - Normalize blood sugars
  - Enhance mood

## Before Eating, ask yourself two questions:



### Am I hungry?

- If yes, then eat.
- If unsure, wait 20 minutes and ask yourself again. You may also want to drink a glass of water if you have not had any in the last hour.
- If no, walk away from food and log in your journal what you are feeling and the time of day. Note patterns.

### If I'm not hungry, what am I?

- Bored, lonely, angry, frustrated, procrastinating, etc.
  - Address these needs. It is important to address emotions, moods, etc. that might lead you to believe you are hungry even when your body is not.
- If a craving, what am I craving?
  - Company, excitement, love, acceptance – what would meet these needs besides food?

# How to Recognize Hunger/Fullness

## Reflect on your experience of hunger:

- How does your body feel when it is very hungry?
- What about when it is very full?
- How does your body feel when it is slightly hungry?
- How about when it is slightly full?

Most people feel their best when they start eating around a level 4 and stop eating around a level 7.

