

WHAT ARE YOU REALLY HUNGRY FOR?

When you find that you are hungry, especially if it is not a meal or snack time, you may want to consider what kind of “hunger” you have.

FOUR TYPES OF ‘HUNGER’

<p>Stomach or Physical Hunger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Builds gradually <input type="checkbox"/> Strikes below the neck (e.g. growling stomach) <input type="checkbox"/> Occurs several hours after a meal <input type="checkbox"/> Goes away when full <input type="checkbox"/> Eating leads to feeling of satisfaction 	<p>Heart or Emotional Hunger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Develops quickly <input type="checkbox"/> Unrelated to physical sensation of hunger <input type="checkbox"/> Unrelated to time <input type="checkbox"/> Persists despite fullness <input type="checkbox"/> Eating leads to guilt and shame
<p>Mouth or Taste Hunger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Crave a specific food <input type="checkbox"/> Often occurs when our senses have been stimulated by an environmental cue (eg a smell or a setting like in front of the TV) <input type="checkbox"/> May occur even if you have recently eaten <input type="checkbox"/> Leads to guilt and shame 	<p>Head or Mind Hunger</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat in response to rules that you have learned. External rules from fad diets or from others around you. <input type="checkbox"/> Sense of deprivation <input type="checkbox"/> Can lead to cycles of restricting intake and then overeating <input type="checkbox"/> Inevitable breaking of rules leads to guilt and shame

What Are You Really Hungry For?

- I am physically hungry – **EAT** - Use the [hunger and fullness scale](#), and CFG to determine what and how much you will eat
- I have Heart, Mouth or Head Hunger – **WAIT** – think about what you truly need
 - Affection, comfort, relaxation, stress relief, enjoyment, satisfaction, self-esteem, sleep...? Another way to deal with strong emotions?
 - A way of eating that allows you to eat a variety of foods and sometimes have the treats that you enjoy?
 - An environment that does not tempt you into behavior you later regret?
- Identifying your true hunger is the first step in ensuring that all your needs are met

Hunger and Fullness Scale

Ravenous	Starving	Hungry	Pangs	Satisfied	Full	Very Full	Discomfort	Stuffed	Sick
1	2	3	4	5	6	7	8	9	10

Waiting to eat when you are at a 1 (ravenous) can lead to overeating, past the point of satisfaction. Eating to the point of being at a 6 to 10 (full to sick) means that you weren’t listening to your hunger cues and were likely eating for other reasons. The best time to eat is when you are at a 2 or 3 (starving or hungry). When you’re hungry, food tastes good.