Know Your Hunger

**True Hunger**
The NEED to eat to fuel the body

Controlled by PHYSICAL factors

Signs:
- stomach growling
- feeling faint or dizzy
- no energy
- lack of focus

**Conditional Hunger**
The DESIRE to eat based on other conditions such as environmental situations, emotional or sensory.

Controlled by EXTERNAL factors

Signs:
- eating when not truly hungry
- over eating
- eating to cope with external issues
- lack of focus

**The 4 R’s**

1. **RECOGNIZE IT.** What situations cause you to eat? Keep a journal and write down what you ate and how you felt when you ate. This will help you identify trigger situations.

2. **REMOVE IT.** Instead of stocking the cupboard with high-calorie snacks like potato chips, candy, and cookies, have nutrient-rich snacks on hand like un buttered popcorn, fresh fruit or vegetables with hummus.

3. **REPLACE IT.** Instead of snacking try:
   - Exercising
   - Listening to music or reading
   - Talking to friends, family
   - Drinking water
   - Chewing gum
   - Eating fresh fruit with reduced-fat peanut butter or low-fat yogurt

4. **Have REGULAR MEALS.** Eat breakfast and small meals every four hours to keep your hunger in check.
Three Types of Trigger Situations

Triggers are those situations that come up and cause Conditional Hunger. You may want to eat, but since you are not truly hungry, you shouldn’t. Identifying your triggers and overcoming them is an important part of healthy eating.

1. ENVIRONMENTAL
   Based on where you are and who you’re with
   Eating because others around you are eating
   Eating because of peer pressure
   Social gatherings
   Holidays
   Watching TV
   Playing video games
   Using the computer
   Going to the movies
   Restaurants

2. EMOTIONAL
   Based on how you are feeling
   Boredom
   Stress
   Fatigue
   Sadness
   Anger
   Anxiety
   Celebrating an achievement
   If someone else gets to eat something, why shouldn’t I?

3. SENSORY
   Based on sight, smell, or hearing about food
   Smelling food
   Seeing food
   Hearing the sound of an ice cream truck or fast food jingle

When you eat based on conditional hunger, you’re trying to use food to reduce some sort of negative thought, craving, pain, or to help you out in social situations. Food is not designed to do that. Food is designed to fuel the body! If you eat based on true hunger, you are getting real satisfaction.