

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

DO YOU LISTEN TO YOUR GUT?

Do you listen to your gut when it comes to assessing whether you need to eat or not?

Properly assessing fullness and hunger cues is essential to changing your eating habits.

Do you always clear your plate – even when you are full?

Do you eat just because it's time to eat?

Do you always take food when it's offered?

Do you pinch everything just to try it?

The truth is every time we eat when we aren't really hungry, we are stretching our tummies and consuming more calories than we need, and therefore risking weight gain.

Where are you on the Hunger Scale?

0	Painfully hungry – your tummy hurts and is cramping
1	Ravenous – You might feel dizzy, lightheaded and irritable or 'hangry'
2	Very Hungry – Tummy is rumbling or growling, you feel a little bit moody and like you need some energy
3	Hungry – You know you need to eat but you aren't feeling irritable or absolutely starving
4	A bit peckish – You could eat, but you aren't desperate for some food or energy
5	Neutral – Neither hungry nor full
6	Mild fullness – Stomach feels full but you don't feel satisfied
7	Comfortably satisfied – If you eat any more you will feel uncomfortable
8	Uncomfortably full – You have eaten just a little bit too much, maybe your pants feel a bit tight
9	Stuffed – Christmas Day full – Eaten far too much and need to undo your pants and have a lie down
10	Physically ill – Binge eating full, feeling nauseous or like you need to be sick

Each time you reach for food, assess where you are on the hunger scale and make a choice by really listening to your gut.