

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

ARE YOU REALLY HUNGRY?

Being hungry is an inevitable part of losing weight, as we train our bodies to eat less food than we have been previously. And a certain element of weight loss is learning that it's ok to be hungry. But did you know that there are different types of hunger - not just the sort of hunger where we need food - 'stomach hunger' as it is termed. In this knowledge we look at the different types of hunger, and the hunger scale, to understand when we really should eat, when we should stop eating and when we should perhaps try to hold off a bit longer.

WHERE ARE YOU ON THE HUNGER SCALE?

0	Painfully hungry – Your tummy hurts and is cramping
1	Ravenous – You might feel dizzy or lightheaded
2	Very hungry – Tummy is rumbling or growling, you feel a little bit moody (hangry) and like you need energy – We recommend you don't let yourself get any more hungry than this, to prevent bingeing
3	Hungry – 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 food or energy
5	Neutral – neither full nor hungry
6	Mild fullness – stomach feels full, but you don't feel satisfied
7	Comfortably satisfied – If you eat any more you will feel uncomfortable – This is optimum satiety. We recommend you stop eating at this point. If you eat slowly, your brain will catch up and recognise this point in time, before you overeat.
8	Uncomfortably full – You have eaten too much; your tummy is swollen, and your pants feel tight.
9	Stuffed – Christmas day full – eaten far too much, need to have a lie down
10	Physically ill – Binge eating full, feeling nauseous or like you need to be sick

Is it really 'stomach' hunger or something else?

Teeth Hunger – we feel anxious, and we feel the need to put things in our mouth and chew to burn that anxious energy perhaps, or to just 'do something'. So we put food in our mouths and chew- chewing gum would work just as well.

Mouth Hunger – a need for a particular taste in our mouths – perhaps something sweet or a particular flavour – instead of reaching for the chocolate, try some sugar free cordial.

Mind Hunger – eating because it's time to eat – it's 12pm, so I must have lunch. Are you really hungry?

Thirst – not hungry at all – it's simply dehydration – get yourself a drink.

Fatigue – When energy levels are low, our hormones kick in to make us crave sugary foods – a nap or an early night would probably work just as well.

Heart Hunger – This is emotional eating – when we feel sad or troubled, we turn to food to fill the emotional void. Find something else to improve your mood – a walk, a bath, cuddling your cat.

Boredom or Entertainment Eating – simply gives us something to do – find something to distract you.

REFLECT

Do you really eat when you're hungry- or is it another kind of hunger? Do you use the hunger scale? We recommend not letting yourself get below a 2, or above a 7 to avoid those binges when you are so hungry you eat everything in sight, resulting in you feeling uncomfortably full, and eating too many calories. If it isn't real 'stomach hunger', distract yourself, do something else to improve mood, change behaviour patterns, have an early night, have a drink of sugar free cordial or water, to prevent those extra calories sneaking in, unnecessarily.

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