



Honoring Hunger

If you want to build healthy habits around food, what you eat is only part of the big picture. We also have to look at:

- HOW we eat
- Who are you being when you eat?
- Do you eat when you're not actually hungry?
- Do you eat too little or too much?

Your body has a natural feedback loop built in that gives you signals for when hunger is approaching. These signals might be things like a growling stomach, low energy, brain fog, salivating or headaches. Think of these signals like the gas light on your car, when you're low on fuel the light goes on letting you know you have about 20 miles before you need more gas. Your hunger signals work in the same way!

My Internal Hunger Signs Are....

When My Gas Light Goes On I Have _____ minutes until I need to eat for I get "hangry" or crash.

How do we "Honor Hunger"?

- Tune into your internal signal that the body needs nourishment.
- Recognize hunger - learn the signs.
- Create an intuitive inner scale from 1-10.
- 1 is just noticing hunger, 10 is starving

I will plan to eat when my hunger scale is at a _____.

To truly honor hunger you must be prepared at all times to nourish your body when it needs it the most. With a busy schedule and life's distractions this is where it can be easy to get off track and find yourself stranded without a healthy snack in site leaving you tempted to reach for anything that resembles food and that doesn't match your metabolic type.

This is the perfect opportunity to shift your relationship with food by planning ahead or having a back up plan so that you are able to nourish your body in ways that are in alignment with your goals. Remember when you focus on high-energy foods you are more motivated, have more energy and are able to make healthy conscious choices.

How to prepare for and honor hunger:

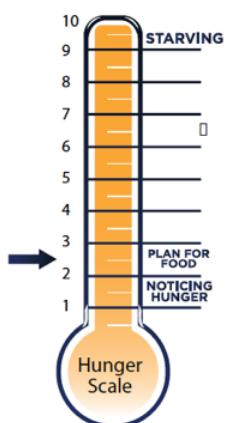
1. Start planning what and when to eat when you are at a level 2.
2. Eat high-energy foods that your body wants.
3. Have a back up snack in your office, car and/or purse.
4. Schedule or block time for your meals.
5. Research food options prior to traveling, running errands, etc.
6. Check in about boredom
7. Stay hydrated- dehydration false feeling of hunger

High-energy simple snacks:

- Hummus and veggies
- Peanut butter and apples or other veggie/fruits
- Hard-boiled eggs
- Nuts; almonds, cashews, macadamia
- Marinated olives
- Carrots, celery, jicama, other veggies
- Bananas, apples, grapes, other fruits
- Protein shakes; hemp, rice, pea
- Dales Raw Protein Bars & Powders
www.dalesrawfoods.com
- JJ Virgin Protein Bars
<http://www.jjvirginstore.com/bars>

Here are 3 strategies that will help me honor my hunger:

1. _____
2. _____
3. _____



Recognizing Fullness

When you aren't present in your eating it is very easy to eat beyond fullness. For example, when you go out to Chinese food, a buffet or a party and there's so much food, it's just sitting there in front of you and it tastes so good. You pick off one more piece from the serving dish... then you are engaged in conversation and you mindlessly pick another piece, before you know it your belly hurts and you're wishing you didn't overeat. Sound familiar?

Being present in the moment is one way to honor fullness. It certainly doesn't feel good when your pants are fitting too tight and you don't feel comfortable in your own skin.

How do we "Honor Fullness"?

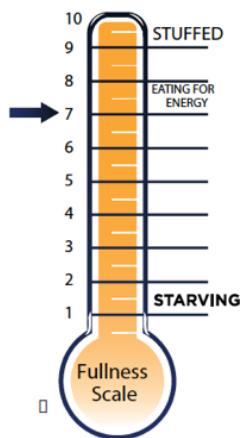
- Create a fullness scale from 1-10.
- 10 is stuffed, 1 is still starving
- Aim for a 7 on the fullness scale - nourished and energized, satiated but not stuffed.

How to acknowledge and honor fullness:

1. Eat for energy (level 7 on the fullness scale)
2. Push your plate away or cover with a napkin
3. Declare out loud that you are full.
4. Ask your server to box up the rest of the meal.
5. Eat a light snack before dining out or going to a party
6. Check in about boredom
7. Share an entree

Here are 3 strategies that will help me honor my fullness:

1. _____
2. _____
3. _____



Action Items

1. This week I'll practice preparing for hunger at a level....
2. This week I'll practice honoring fullness at a level...
3. _____

My biggest aha, insight or takeaway from today was....