

Appetite Awareness

Hunger, Fullness & Satiety

The practice of appetite awareness is one of...

- connecting with intuitive/natural body cues
- slowing down to respond (not react)
- making conscious, mindful food choices
- an attitude of kindness, non-judgement, neutrality, kindness
- noticing and being compassionate toward what may interrupt ability to be attuned to cues

Source: The Mindful Dietitian

Exploring Hunger

What are the factors that may influence our appetite or perception of appetite?

- Experiences, memories (clean plate mentality)
- Ability to "tune in" or connect to body (interoceptive awareness)
- Medication, Illness, disease, disorder, trauma
- Food already eaten
- Food rules, beliefs, diets, restrictive behaviors

Source: The Mindful Dietitian

Body Scan: Physical Hunger Signals (Cues)

Mood	Energy	Head	Stomach	Body
<ul style="list-style-type: none">• Hangry• Irritable• Snappy• Cranky• Low	<ul style="list-style-type: none">• Sleepy• Fatigue• Sluggish• Bleh• Low	<ul style="list-style-type: none">• Light-headed• Achey• Dizzy• Poor Concentration• Distracted	<ul style="list-style-type: none">• Emptiness• Hunger pangs• Growling/gnawing• Gentle rumble• Stomach ache	<ul style="list-style-type: none">• Shaking• Quivering• Wobbly• Salivating• Low Blood Sugar

Tip: Allow time & experimentation to find your hunger signals. Work on eating in response to these signals & see what does/doesn't help

Tip: Satisfy Physical Hunger with regular meals/snacks, eating wide range variety of foods, balanced/flexible approach, no food rules, no restriction

Source: London Centre for Intuitive Eating

Types of Hunger

Hunger may be felt as physical sensations, cognitive (thoughts) or emotional (feelings) state

Physical Hunger

- Builds gradually
- Low energy
- Triggered by Ghrelin (hunger hormone)
- Is satisfied by eating
- Is relieved by eating
- Every few hours

Emotional Hunger

- No physical hunger cues
- Very specific cravings
- Triggered by strong emotions
- Food doesn't satisfy
- Food doesn't fully relieve
- Occurs despite already eaten
- Aimlessly looking for food

Dealing with and Satisfying Emotional Hunger

1. Work to meet emotional needs without food but know it is OK to eat the cake on a bad day, but also know that might not be what you need to heal.
2. Use the emotion & mood chart on in this guide to identify your emotions
3. Go to therapy or therapy platform (Betterhelp)
4. Other ideas: naps, rest, enough sleep, setting boundaries, saying 'no', physical touch, checking in with loved ones, fulfilling work, journaling, exercise, crying, call a friend, go for a walk, meditation, learn something new, travel, music, dance, read, podcast, create something, art, bath, schedule regular 'me-time'

Source: London Centre for Intuitive Eating

Appetite Awareness

Exploring Fullness

Tip: Fullness is the opposite of hunger. Notice the sensations of fullness and how it is to be not full, slightly full, or very full.

Not full

Absence of sensation
Comfortable
Muted, quiet

Increasing fullness

Tension Discomfort
Distension Sleepy, tired
Stretching Distracted

Most full

Nausea Painful
Breathless Sharp
Heaviness Sick

Feeling Your Fullness

Mood

- Content
- Calm
- Happy
- Satisfied
- Satiated

Energy

- Recharged
- Energized
- Sleepy**
- Strong
- Good

Head

- Improved Concentration
- Focused
- Clear
- Attentive

Stomach

- Comfortable
- Gently full
- Slightly bloated
- Digesting
- Active

Body

- Not salivating
- Not interested in food
- Reduced cravings
- Eating slows down

Tip: Allow time & experimentation. **Initially you may feel sleepy post-meal your body digests, but overall feel more energized by eating.

Source: London Centre for Intuitive Eating

HUNGER FULLNESS SCALE

1 2 3 4 5 6 7 8 9 10

starving hangry stomach growling a little hungry neutral satisfied pleasantly full a little too full uncomfy full painfully stuffed

You're so hungry you'll eat anything. may feel starved, dizzy, crabby, headache

You are very hungry and its hard to think straight

You are hungry; stomach growling with hunger pangs

hungry; time to think about what to eat, but you feel you can wait

Feel neither hungry nor full

You are nicely satisfied

You are comfortably full but not overly full

You're stuffed and feel overly full / bloat

Super full; Clothes feel tight. If you eat more you'll feel sick

Extreme Fullness that causes pain or sick feeling

Appetite Awareness

Exploring Satiety (Satisfaction)

Satisfaction, i.e., how harmonious the food & eating experience is against:

- Your Expectation
- Your Nutritional needs of your body
- Your Desire/preference

Satisfaction may be influenced by thoughts/emotions.

Develop the skill of eating to satisfaction: noticing, curiosity, non judge-mental exploration of how different factors shape our eating & experience

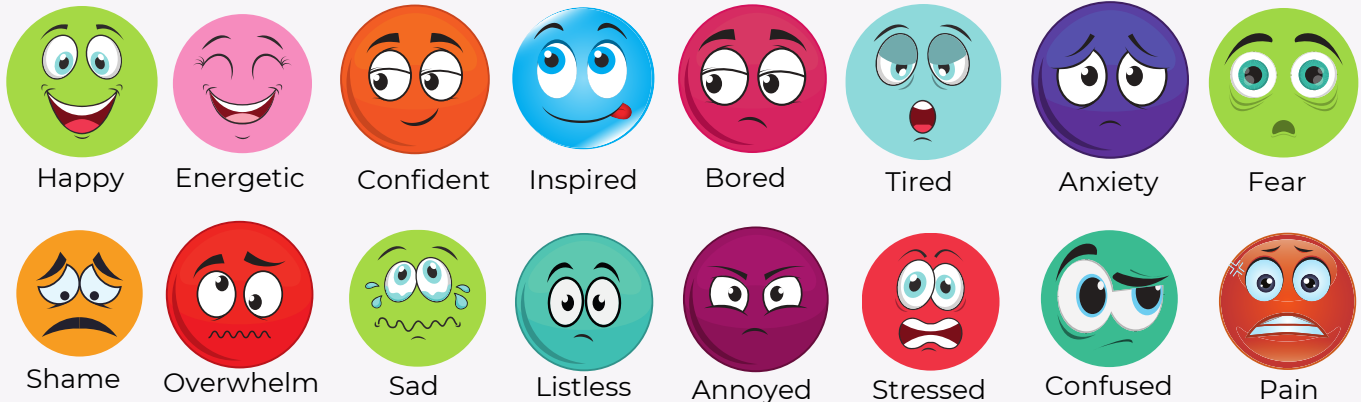
Satiety (Satisfaction) Scale

Least Satisfied	Most Satisfied
No congruence or matching of expectations	Harmonious and congruent to expectations, matched & satisfied
Frustrating Still thinking about food I'm not done Did not hit the spot Disappointed Still looking for something else Disliked food/ not my preferences Unrewarding food experience Anxious	Happy Don't think about food anymore I'm done Can move on Hit the spot Content Relaxed Rewarding 'Rounded out'

Source: The Mindful Dietitian

Exploring Mood & Emotions

How are you feeling around mealtime?



Example

WAIT! Mindful Eating Tips: *Eliminate distractions, slow down while eating. Ask yourself the following ~ Am I hungry? If you're not sure about hunger cues.. ask yourself when did I last eat? If it's been 3-4+ hours food is a good idea. Ask yourself, how are my energy levels? How can I nourish myself right now? Am I well rested? What will help me feel energized? Am I going through difficult stress or emotion? What better comfort and coping strategies can I develop right now? Do I have support? Do I need support? How can I make connections and strengthen my support?*

Date/ Time	Meal	Food and Drink Log	Mood	Hunger	Fullness	Satiety
1/1/20 6 am	Breakfast	1/2 cup oatmeal 1 cup 1% milk 1/4 cup blue berries 1/2 banana 1 tbsp peanut butter 12 oz Starbucks Carmel Latte 10 oz Water	Tired	3	7	Poor
1/1/20 11 am	Lunch	2 slices whole wheat bread 2 oz deli meat ham 1 slice cheddar cheese 1 tsp mayo lettuce & tomato 1 bag baked chips 16 oz Water	Stressed	2	6	Fair
1/1/20 6pm	Dinner	2 cups Alfredo Pasta 1/2 cup broccoli 3 oz grilled chicken 1 Chocolate bar 8 oz Red Wine 10 oz Water	Happy	3	8	Great
1/1/20 2pm	Snack	Chobani Greek Yogurt 2 chocolate chip cookies 8 oz can Diet Coke 8 oz Water	Energetic	4	5	Fair

How to use this tracker: For 7 days, record everything you eat/drink, mood at mealtime, pre-meal hunger, post-meal fullness & satisfaction

Day 1

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