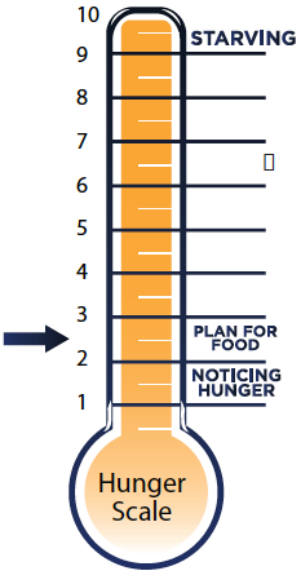
Session #3 Client Action Guide

Honoring Hunger & Fullness

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?



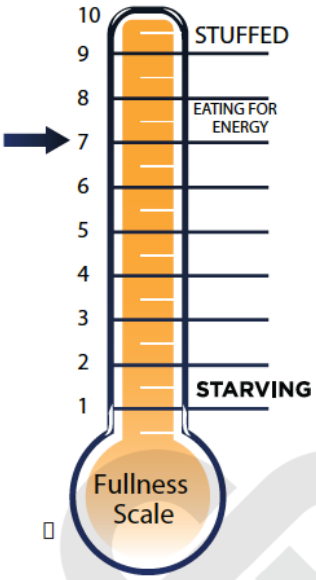
How do we "Honor Hunger"?

- 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
- Start to plan for food when you are at a 2.

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.

Logically, the hunger and fullness scale makes sense. Start planning when you are at level 2 on the hunger scale and stop eating when you are at level 7. Here's the problem – most of us have habits of eating beyond fullness. So let's create some new habits around honoring hunger and fullness.



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. Eat for energy (level 7 on the fullness scale)
4. Make a physical gesture that your meal is complete by pushing your plate away, putting a napkin over it, or crossing silverware.
5. Declare out loud to yourself or whomever you are eating with that you are full. This will dissuade you from continuing to eat because you've already announced that the meal was complete fo you.
6. If you're out, ask your server to box up the rest of the meal so it's not calling you hither.

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