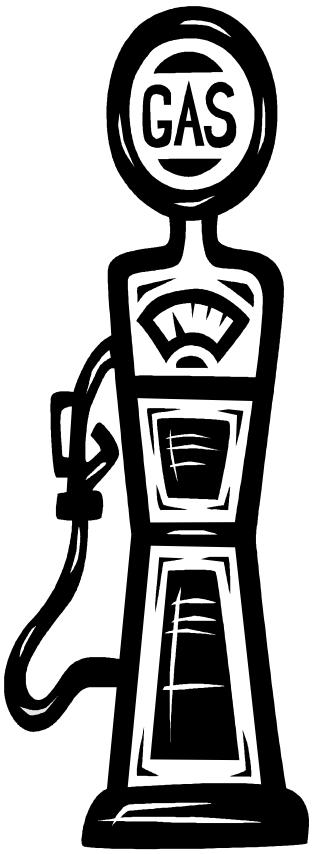
Hunger & Satisfaction

Think of fueling your body like fueling your car. If there is no gas, it goes nowhere! The body is a complex machine that needs to be fueled several times per day to keep you satisfied and moving efficiently. The body doesn't have a gauge posted to show you when to eat or stop eating so we must re-learn how to feel our body's internal gauge at work.



- ⇨ 10=Feeling sick from overfilling (like Thanksgiving after dessert)
- ⇨ 9=Stuffed (like Thanksgiving)
- ⇨ 8=Full, mildly uncomfortable
- ⇨ 6-7=***Satisfied*** but not overfull, comfortable
- ⇨ 5=Neutral, neither hungry or full
- ⇨ 3-4=Hunger pangs/Stomach growling to subtle hunger feelings
- ⇨ 1-2=Empty to ravenous

- Determine where you fall on the gauge before your meal/snack. Is this tank A?
- Take a *time-out* to ask yourself how does the food taste and if your satisfaction level is beginning to change (you do not need to stop eating).
- When you finish eating, use the scale to determine where you fall after the meal/snack. Sometimes you might even go back and change it later once you get more accustomed to the ratings.
- Being a conscious and intuitive eater takes practice and patience.

Source: *Intuitive Eating* by Evelyn Tribole/Elyse Resch, 2012.

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