

GETTING LIGHTER BY EATING TO YOUR HUNGER

One of the best ways to get lighter is to learn to eat to your hunger. It's the way thin people eat...they start to eat when they're hungry, stop eating when they're satisfied, and seldom overeat. That's one of the reasons why they stay thin.

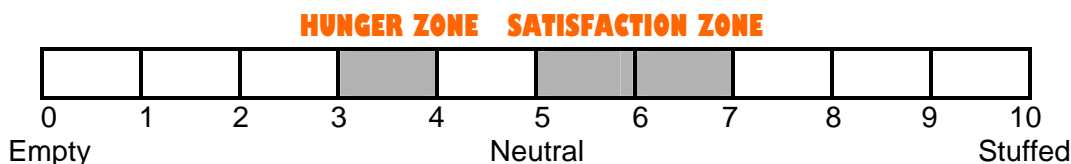
It's better if you do this exercise on paper. Grab a piece, fold it in thirds lengthwise, and write:

FOOD

FEELINGS

RATING

at the top of each column. In the first column, write down what you eat. It doesn't have to be fancy with serving sizes and you don't have to calculate calories. Just simply write down what you eat. Note the example below. In the second column, write down how you felt or what you thought about what you ate before, during, or after you ate it. In the third column rate your hunger on the scale below. Write the number that describes what your hunger was before you started eating and the number that describes what your hunger was after you started eating separated by an arrow as in the example below:



Define your 0 through 10 on your hunger rating scale below:

0. _____	
1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

Here's a sample of what your hunger rating record might look like:

FOOD

Bagel, Cream Cheese

FEELINGS

"Why am I eating this?"

RATING

5→8

You want to wait to start eating until you're in the **HUNGER ZONE**, a 3 to a 4 on this scale, and stop eating when you're in the **SATISFACTION ZONE**, about a 5 to a 7 on this scale. It's more effective if you write it down like the sample above, but if you're resistant or feel you don't have the time, rate your hunger in your head like this:

1. Ask yourself when you feel the urge to eat...is it **MOUTH HUNGER** or **STOMACH HUNGER**. Mouth hunger isn't real hunger...it's eating for reasons other than hunger. Stomach hunger is the real stomach-churning kind you feel in the pit of your stomach. Try to eat only when you feel stomach hunger.
2. When you feel the urge to eat ask yourself . . . **WHAT'S MY NUMBER?** If you are in the Hunger Zone, begin eating. If not, see if you can wait until you are.
3. While you're eating, ask yourself . . . **WHAT'S MY NUMBER?**
4. **Stop eating when you reach a 7.** If you can't or won't, ask yourself why. If you know, write it down for future reference. Give yourself a happy face or non-food reward if you know why.

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