

# HUNGER CHEAT SHEET

Use this cheat sheet to familiarize yourself with hunger/fullness signals.

## **Signs you are not quite ready to eat:**

You “wonder” if you’re getting hungry.

Something very specific is all that sounds good.

You want to eat a snack but wouldn’t eat a chicken breast or hardboiled egg.

You’re worried maybe you will be hungry soon.

## **Signs you are hungry and ready to eat:**

Your stomach feels a bit empty.

You might have a little bit of a growl.

You start to feel mentally distracted.

You begin having thoughts like “I’m getting hungry. I’m about ready to eat.”

Your hunger feels doable not overly urgent.

You aren’t feeling shaky.

## **Signs you have had “enough” food:**

You’ve lost the focus on your food.

You start to search for best bites left.

Your mind gets distracted.

You’re not full, you are satisfied and physically ready to stop eating.

You’re not bloated.

You take a big breath or sigh.

You feel yourself sit back from the table.

You begin to wonder if you need another bite or not.

## **Signs you have gone beyond “enough” food:**

You have the thought “I pushed it with those last few bites.”

Your belly feels heavy.

You are physically uncomfortable.

You feel like you can’t take a deep breath without unbuttoning your pants.

You feel physically sick and stuffed.