

## HONOURING YOUR HUNGER AND FULLNESS

If you want to build healthy habits around food, WHAT you eat is only part of the big picture. You also have to look at:

- HOW you eat
- WHO you are being when you eat
- Do you eat when you're not actually hungry?
- Do you eat too little or too much?

### How-to Honour Hunger?

- Tune into your internal signal that your body needs nourishment
- Recognize hunger—learn to spot the signs and signals from your body
- Create an intuitive inner hunger scale ranging from 1-10
  - 1 is just starting to notice hunger, 10 is feeling famished
- Start to plan for food when you are at a 2

### How to Honour Fullness?

- Tune into your internal signal that your body is beginning to be full
- Create an intuitive inner fullness scale ranging from 1-10
  - 1 is just starting to notice hunger, 10 is feeling stuffed
- Stop eating when you reach a level of 7/8 – need help on how to stop eating at this level let me know and we can work on this together.

