

AM I REALLY HUNGRY?

Dissecting cravings.

AM I THIRSTY?



Could it be that you just need more water? It is highly likely that you do! We used to get the majority of our H₂O by way of the food we ate, so it is natural that when we need water, we often think of food. Drink a tall glass of water and see if the 'hunger' doesn't subside.

AM I TIRED?

Are you looking for a pick-me-up because you are exhausted? Try resting a bit and see if that doesn't help you feel energised instead of hungry. Getting enough good sleep has shown to be helpful for weight loss.



AM I LACKING NUTRITION?

You need a variety of foods in your diet to get all the nutrition you need. Often we get stuck in food ruts. Make sure you are eating many different foods from the food groups and changing it up routinely for fresh new nutrition.

AM I DISSATISFIED WITH LIFE?

Bored, lonely, overwhelmed... many emotions can make us crave something to "fulfil us", or ease the stress. When your hunger seems more emotional than physical, practice other self-care techniques to help you de-stress without over-eating.



LOW BLOOD SUGAR



Very common in this day and age to consume so much simple sugars that blood sugar just yo-yo's up and down. And if your blood sugar is low, you may think you are hungry. The less sugar you consume, the steadier your blood sugar will be.

NO... I AM REALLY HUNGRY!

All of these checked out, your stomach is empty, you haven't eaten in hours, and you just need food. Be prepared, make good choices, and enjoy eating real healthy food!

