

PHYSICAL

VS.

EMOTIONAL

HUNGER

AM I HUNGRY?



PHYSICAL

- Stomach growling/low energy
- Thinking/considering options
- Low energy
- Hunger grows slowly
- Time has passed since last meal
- Food is satisfying



EMOTIONAL

- No physical cues (quiet stomach)
- Specific cravings (like chocolate)
- Eating food feels like best/only option
- Little time has passed since last bite
- Food doesn't totally satisfied
- Wandering around kitchen, Searching

YES

EAT

HEALTHY

VS.

UNHEALTHY

EAT IT MINDFULLY



NO

DISTRACTION

OR

SOOTHING

- Get out of Kitchen
- Keep Hands Busy
- Connect
- Clean
- Read
- Exercise/Move
- Mindless activity

- Relax
- Breathe Deeply
- Sleep/Lay Down
- Unplug from Electronics
- Connect/Be Social
- Soothe Body
- Comfy Clothing