

STILL HUNGRY?

THE SIMPLE WAY TO IDENTIFY HUNGER & REDUCE NON-HUNGRY EATING

ASK: AM I HUNGRY?

Check your tummy: is it grumbling? Empty?

YES! I'M HUNGRY

I'M NOT HUNGRY

Has it been more than 3 hours since I last ate?

NO

YES!

Why else might I want to eat? And what else can I do?

AM I THIRSTY?

Have a drink & wait 15-20 minutes.

AM I BORED OR TIRED OR UPSET?

What else can I do? Shower? Phone a friend? Go outside?

DID I EAT ENOUGH LAST TIME? OR WAS WHAT I AT NOT FILLING ENOUGH?



Choose something to eat but eat mindfully & focus on quality so you feel fuller for longer

Great! What do I feel like? What do I have?

Decide, prepare, sit down and eat mindfully .