

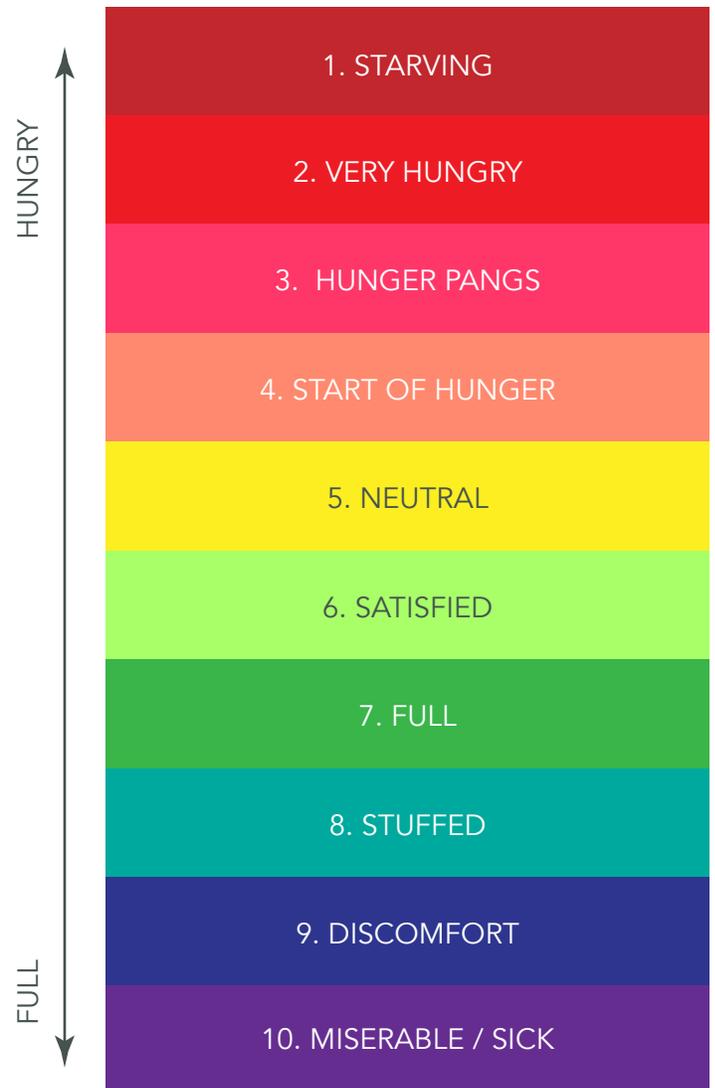
Am I Emotionally Hungry?

Learning How to Eat with Awareness

Am I experiencing hunger or a craving?
Ask yourself the following questions:

1. Specifically, what am I craving?
2. Do fruit, almonds, and/or more protein/vegetables sound appealing?
3. When was my last meal/snack? Was that meal nutritionally balanced?
4. Have I had enough water today?
5. Am I being mindful or currently distracted (TV, phone, computer, project, driving, etc.)?
6. How am I feeling emotionally? Am I stressed / sad / frustrated / angry / happy?
7. If you identified an emotion above, will indulging on food adjust my long-term mood?
8. How would I rank my true hunger on the scale? Note: see image on the right.

Hunger Scale:
Note: Begin eating at 3-4 and stop at 6



Benefits:

- Increases self-awareness
- Helps to prevent overeating
- May reduce the need for snacking
- May lead to weight loss
- Helps to increase accountability
- Creates a POSITIVE relationship with food