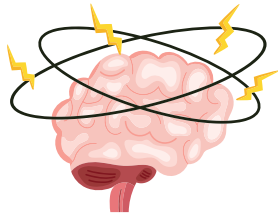


How You Experience Hunger

Where you might feel hunger



How it shows up

thinking about food
headache
difficulty concentrating
lightheaded

irritable
cranky
“hangry”
more frustrated than usual

drop in energy
fatigue

stomach grumbling
nausea
reflux
emptiness
gnawing

shaky
feeling faint