

Week 3: Are you *really* hungry?



Step of the Week

This week's lesson is to:

1. Describe what "Intuitive Eating" is
2. Listen to our bodies
3. Identify times when we are eating but not hungry

Did You Know?

- Learning to listen to your body when you want to eat to figure out WHY you want to eat is called intuitive eating
- Intuitive eating is not a "diet"
- Eating too much or too little can be bad for your body
- Once you start eating, it can take between 5-20 minutes to start feeling full
- Sometimes we feel "hunger" or "cravings" after a bad day or little exercise



Myth vs. Fact

Myth: Intuitive eating is a diet

Fact: Intuitive eating is about listening to our body's hunger signals, like when our stomach rumbles around lunch time. It means eating a balance of nutritious foods as well as foods that are just for fun!

Myth: Even though I am full, I have to finish my plate because it is bad to waste food.

Fact: Fullness is our body's signal that we have had enough food. We can save the food on our plates as leftovers, or repurpose it for another meal.

Family Learning and Fun

Try filling out this worksheet with your family to start a conversation about our hunger signals:

Family Member (name)	What does hunger feel like to you?	What does "full" feel like to you?	Do you ever want to eat and are not sure why?	Do you ever feel hungry when you are bored or have not moved?	What is a healthy snack choice I can pick when I feel hunger between meals?

Sometimes we eat when we are bored, sad, or have not had enough physical activity. Our body may give signals similar to hunger, because our mood is down and it knows that food makes you feel better! This is when we can try getting up and moving, such as a walk around the neighborhood. If we are still hungry after that, we can always reach for a healthy snack.

Let's Chat!

How did the worksheet help you decide on snacking? _____

Did you find that there were times that you were not hungry when you thought you were? _____

Were you able to choose healthier snacks? _____

The “ABC’s” of Intuitive Eating with your Family

Accept: Accept that sometimes we will eat more or less than we thought we would

Bond: Bond with your family during mealtimes! You do not have to eat, or finish your plate if you are not hungry or full. Stay to talk with your family while they are eating.

Close: Close the kitchen. Try not to snack for an hour or more after meals. This will encourage set meal times.

Ideas for Change

- Next time you feel a craving for sweets, try taking a short walk in your neighborhood. Do you still feel cravings after?
- When you want a snack, try to choose a piece of fruit or vegetable and a glass of water.
- If you are having trouble knowing when you are hungry or when you are not, use this Hunger-Satiety Scale (right) to help you.
- Try to have uninterrupted meals with your family. Do not rush to finish your plate. Taste, chew and swallow every bite. Once you finish your plate, wait 15 minutes. Are you still hungry? Do you think you will feel too full if you have a second plate?



10 --	Extremely stuffed, nauseous
9 --	Stuffed, very uncomfortable
8 --	Overfull, somewhat uncomfortable
7 --	Full but not uncomfortable
6 --	Satisfied, but could eat a little more
5 --	Starting to feel hungry
4 --	Hungry, stomach growling
3 --	Uncomfortably hungry, distracted, irritable
2 --	Very hungry, low energy, weak and dizzy
1 --	Starving, no energy, very weak

Taking a Step

What is one small change you think your family can make and stick to for the next week?

Pledge: What’s our little step for this week?

We pledge that we will do our best to stick to this little step for our health this week:

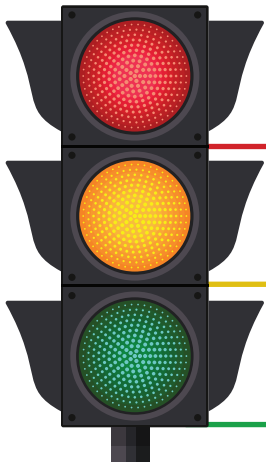
sign your name(s) on the line

End of Week Check In!

- How did eating intuitively feel?
- Did you notice yourself eating or overeating when bored?
- Were you able to choose healthier, more balanced snacks in between meals? What were they?
- What foods did you realize that do not make you feel great?

Looking Back!

Reflect on week 2 module, "Let's Move a Little More."



RED LIGHT

- ☐ I did not try getting up to move at all

YELLOW LIGHT

- ☐ I went for a walk
- ☐ I tried a low intensity movement activity once or twice this week

GREEN LIGHT

- ☐ I tried multiple activities this week of varying intensity
- ☐ I went outside 2-3 times to play

It's okay if you didn't quite hit your goal! Change isn't always easy. You just have to be proud of yourself for trying and remember that it's never too late to start again. If your goal was too hard last week, try making it a little bit easier this week. If it was a really big struggle, there are other resources outside of this program that can be found below to help you out a bit more!

List of resources for more information:

- https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html
- <https://thrive.kaiserpermanente.org/thrive-together/eat-healthy/intuitive-eating>
- <https://www.sarahremmer.com/teaching-kids-intuitive-eating/>
- <https://hgic.clemson.edu/factsheet/how-can-you-help-your-child-practice-intuitive-eating/>

