

HUNGER BUSTING

TIPS FROM MARYL-ANN MARSHALL



Many people have lost the ability to know when they are hungry or not. We often eat just because we are happy, sad, bored or lonely, or simply because it's a meal time – not because we are hungry and need food.

To control your weight, you need to get in touch with your hunger. Here are some tips to give you hunger-busting know how:

Listen to your hunger

Learn to focus on how your stomach is feeling – not your emotions. Think of your “hungry scale” as being:

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Starving			Satisfied				Overfull/Bursting			

Do not eat until you feel -2 (quite hungry) and only eat until you feel +2 (comfortably satisfied). Never go out of the range -3 and +3. You can even keep a diary to help you monitor your hungry feelings.

Make eating an occasion

Always sit down, eat slowly and savour your food. This helps you to focus on your hunger level and identify when you have had enough. Try to make your meal last at least 15 minutes to allow time for your stomach to signal to the brain that it is full.

Avoid unfocused eating

Try not to eat while watching TV, reading or working at your desk, as you're not focused on how much you've eaten or how your stomach feels, which often results in you eating too much, too quickly.

Eat breakfast

The body needs fuel to start the day and prevent you from feeling starved and overeating later on. If you're not usually hungry in the morning, cut down on the amount you eat at night or eat earlier in the evening so that you are hungry by breakfast time.

Don't use food to control your emotions

Often we use food as a pick-me-up or treat when we're feeling happy, sad, stressed or worn out. Have a list of non-food rewards and pleasurable things to do that don't involve eating - like buying a magazine, having a facial, or going for a walk.

Don't be afraid to say “no”

If you're not hungry, be prepared to say no when people offer you food or to leave food on your plate when eating out – it is your right to protect your body from overeating.

When you get in tune with your body's signals and emotions, it will tell you when to eat and more importantly, when not to, so you will only eat when you are truly hungry.