

# nutrition tip

## honor your hunger cues



### Your hunger cues may look like:

- Stomach gurgling
- Irritability
- Shakiness
- Lack of energy
- Nausea
- Moodiness
- Dizziness
- Lightheadedness
- Lack of concentration
- Preoccupation with food and/or thoughts about food

## 01 Recognize Your Cues

Your hunger cues may be different than the next person's. Understanding the signs and symptoms of when you're hungry is crucial to start the process of honoring your cues.

## 02 Forget the Clock

Diet culture has encouraged us to eat only at specific times or meal periods. Aim to remove rules of when you can eat meals. Instead, aim to eat consistently throughout the day and recognize your own personal patterns of hunger and fullness.

## 03 Honor Your Cravings

Restricting yourself from eating your favorite foods or foods that you are craving can create negative relationships with food and your body. Give yourself permission to eat what you are in the mood for in that moment.