

How to Distinguish Hunger from Craving

Sometimes we eat for reasons other than feeling hungry. Part of making healthy eating habits is to begin to become more aware of your "hunger cues". When you eat because of a craving, and NOT from hunger, you may eat excess calories that your body stores as fat, and you can gain weight!



Learn the Difference Between...

| Hunger... | Craving Food.... |
|---------------------------------------|--|
| Is a physical necessity of your body. | Is a desire to eat when you are stimulated by feelings or environment. |

Ask the students what is hunger and how they know they are hungry.

You are truly hungry if you feel the following:

- Emptiness in your stomach
- If you still feel hungry after waiting 30 minutes by distracting yourself with another activity and/or drinking a glass of water.
- If it has been more that 3 or 4 hours since the last time you consumed a meal or snack and you feel the urge to eat or drink.

Talk about food cravings. *You may crave food even if you even if you are not hungry.*

People often get a food craving after seeing the food, hearing about it, or smelling a food. They may not be hungry but still want the food. When something makes you think about food (such as a TV commercial, an ad in the magazine, an aroma from a bakery), this is a food craving and not hunger. While watching T.V. you may notice a lot of advertisements for sweet foods. Different manufacturers will put their adds on T.V. during times that kids usually watch their favorite shows. Many people will start eating in front of the T.V. due to their food cravings.

Who eats in front of the T.V? You burn less calories when watching T.V. than any other time, and when you eat in front of the T.V. you tend to eat more than you normally would. Next time you watch T.V. count how many commercials there are that talk about eating and pay attention to the types of foods.



Behavior Tips Worksheet

Tips for Controlling Your Eating Habits

1. Have the students fill out the schedule and encourage them not to eat at other times.

| | |
|-----------------|--------|
| Breakfast | time-- |
| | |
| Lunch | time-- |
| Afternoon snack | time-- |
| Dinner | time-- |

2. Talk about eating in one place. For example, at home, in the kitchen at the table, for all meals and snacks.

3. Discuss not doing anything else while eating. Don't eat while you are studying or watching TV, or reading, or other activities.

4. Have the students complete the list of alternative activities below. They should be practical as well as enjoyable. Make sure they include some activities that you can do inside and some you can do outside. Tell them to keep this list handy so that you can consult it when you feel tempted to eat between your scheduled meals.

What Can I Do Instead of Eating (Alternative Activities):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.