DO YOU EAT intuitively?
Part of eating intuitively is listening to your natural hunger and fullness cues.
WHAT ARE hunger & fullness CUES?
When our bodies need energy, hormones are released to make us want to eat (hunger).

When we’ve eaten enough, hormones are released to make us want to stop (fullness).
HOW hungry OR full ARE YOU?
INTERESTED IN LEARNING MORE ABOUT INTUITIVE EATING?
Visit fau.edu/owlsclare or call 561-297-1048 to meet with the registered dietitian. Or check out Intuitive Eating by Evelyn Tribole and Elyse Resch at the FAU library.
BEING AWARE OF HOW HUNGRY YOU ARE THROUGHOUT THE DAY CAN HELP YOU:
PLAN TIMING AND SIZE OF MEALS AND SNACKS
PREVENT UNDER AND OVER EATING
MAINTAIN MOOD, FOCUS, AND ENERGY
The hungrier you get, the more likely you are to overeat or choose high-calorie options.
WATCHING OUT FOR HUNGER CUES HELPS PREVENT OVER-EATING OR GETTING OVER-HUNGRY.
TIPS FOR EATING INTUITIVELY
Slow down
Put away distractions and focus on eating. Pay attention to cues.

Check in
Ask yourself how hungry you are every few hours.
Be Curious

Adapting a curious perspective can help you explore and respond to these natural cues without self-judgement.
THE HUNGER/FULLNESS SCALE

0 1 2 3 4 5 6 7 8 9 10

Starving Faint
Distracted Empty Tired
Hunger Starting Eat in 1-2 hrs
Hard to Concentrate Will Eat Anything Weak/Irritable
Thoughts of Food Eat in 30-60 min
Neutral Not hungry, not full
Sense food Hungry again in 1.5-2 hrs
Satisfied Hungry again in 3-4 hrs
Uncomfortably Full
Full Hungry again in 5+ hrs
Holiday Full