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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 IN
INTUITIVE
EATING?**

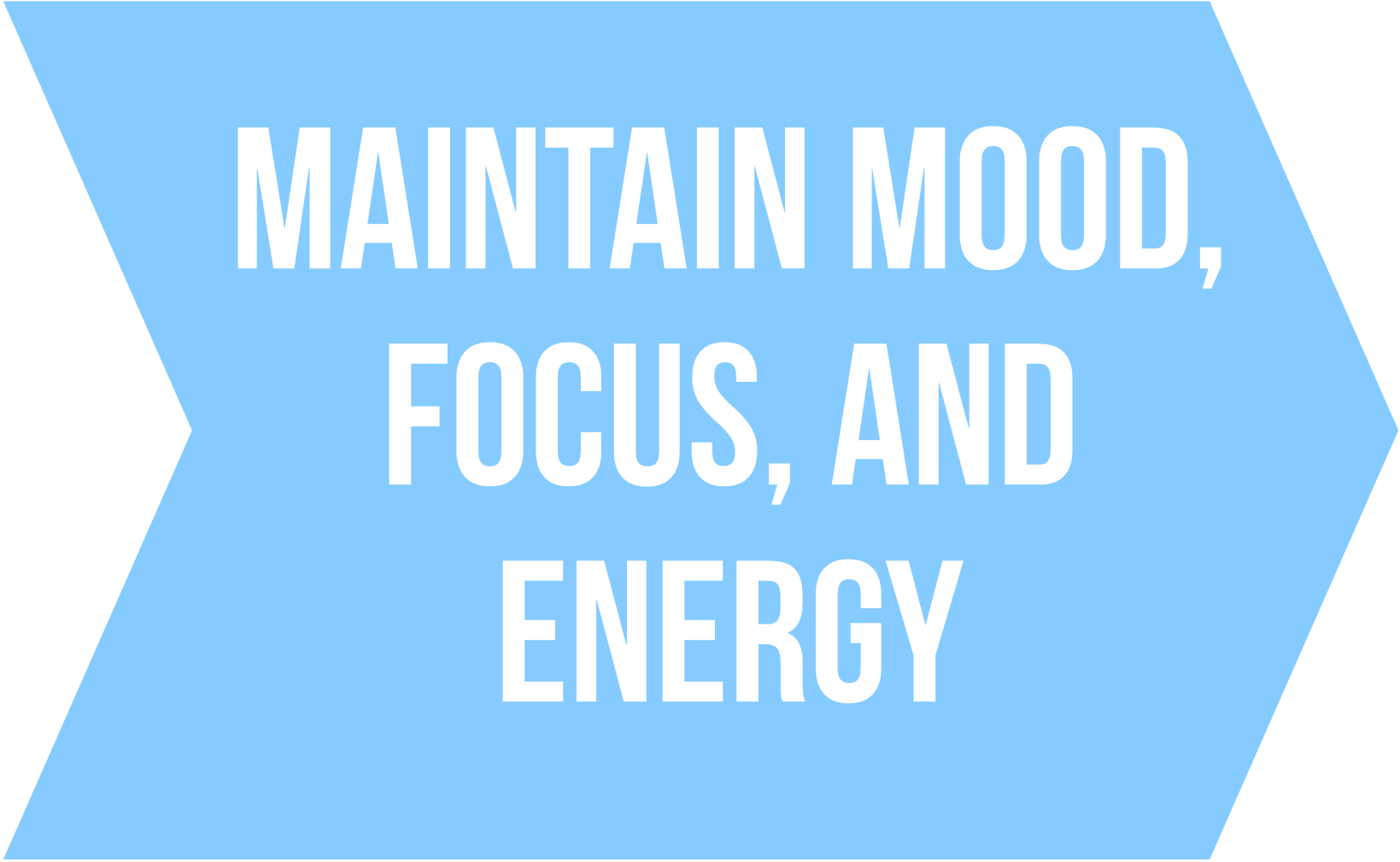
Visit fau.edu/owlscare or call 561-297-1048 to meet with the registered dietitian. Or check out Intuitive Eating by Evelyn Tribole and Elyse Resch at the FAU library.

**BEING AWARE OF HOW
HUNGRY YOU ARE
THROUGHOUT THE DAY
CAN HELP YOU:**

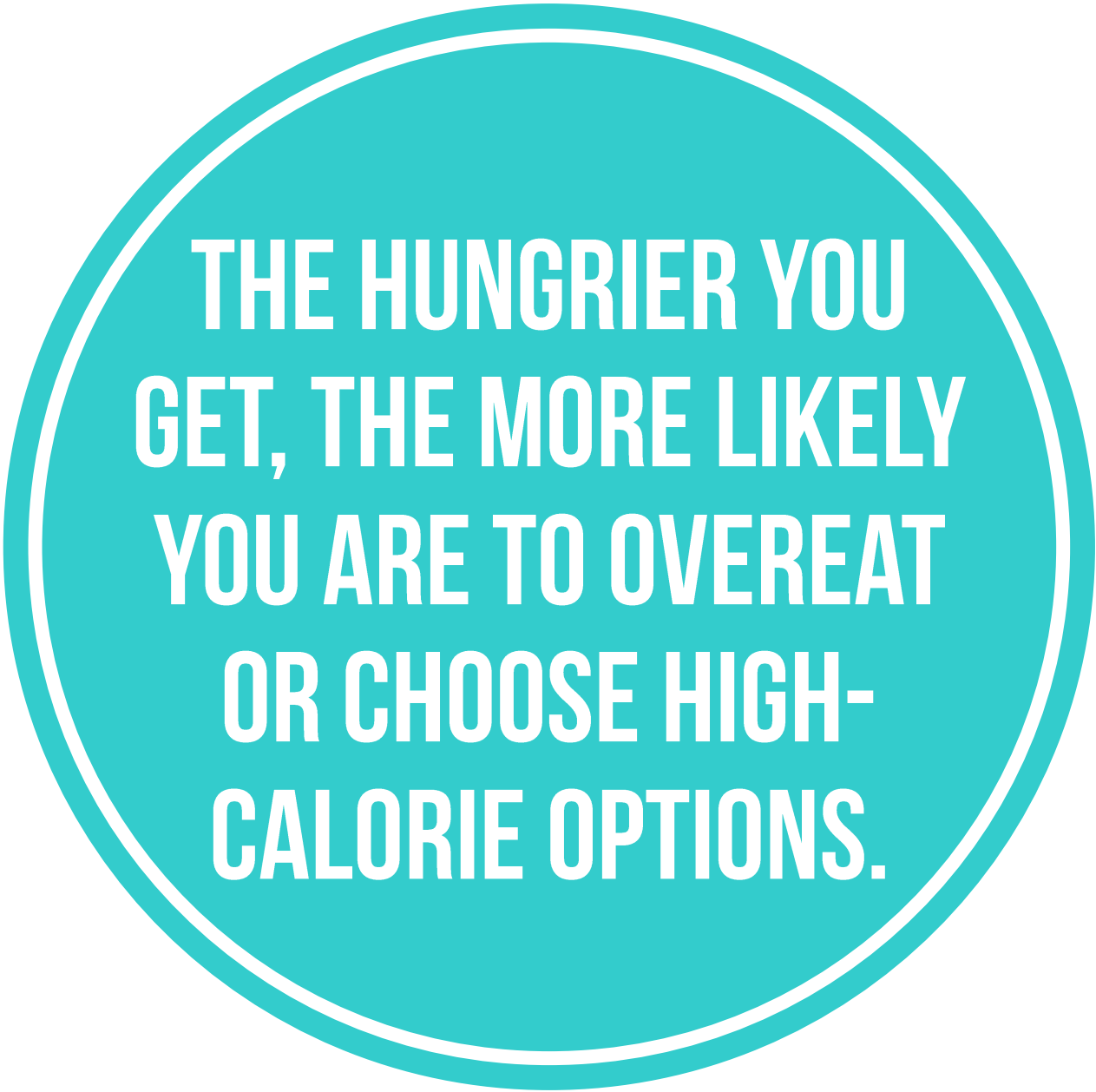
**PLAN TIMING AND
SIZE OF MEALS
AND SNACKS**




**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

