

## *Hungry All the Time?*

Many people overeat because they feel hungry so often. They may eat because “it’s lunchtime”, not because their body is actually hungry. They may suddenly become hungry when the opportunity to eat is presented, when they weren’t at all hungry before that. Or they may go long periods without eating, then become so hungry that they gorge themselves at the next meal. Hunger is as much a mental thing as it is a physical need for food. That means that you can change it! Here are some tips:



- **Real hunger comes on slowly, not all of a sudden.** Your body actually needs food when you get a feeling of irritability, shakiness or weakness, or perhaps a dull headache.
- **A sudden craving to eat is usually psychological.** You can deal with it by *distracting yourself*. Immediately find something else to do or think about.
- **Tell yourself to eat when your body needs it**, not when your mind craves it.
- **Wait out a craving.** You are stronger than it. If you refuse to give in, it will soon go away.
- **Become a “Frequent Feeder”! Graze.** Eat small amounts of food frequently (perhaps 6 times/day) instead of large meals. That way, you are never very far away from having something to eat!
- **Eat filling high fiber foods-** high fiber cereals, whole grain breads, lots of fruits and vegetables...
- **Eat crunchy foods.** They are more satisfying.
- **Eat s-l-o-w-l-y.** Actually taste what you eat.