



### HOW HUNGRY AM I?



Today we talked about the difference between hunger and craving, and how to get more in touch with what our bodies are telling us. What does a baby do when it is hungry for example? Usually he or she cries or whimpers. A dog might do the same thing...bark or whine to let us know it's time to eat.

Our bodies let us know in much the same way when we are starting to feel hungry. How? Maybe our stomach growls, we get a headache, we become cranky or irritable, or feel tired or weak.

This language of hunger is different from the cravings we feel when we smell our favorite food or see something delicious looking in a magazine. That's our thoughts telling us, "Wow...I sure would like to taste that." Being hungry is different from craving and we can teach ourselves to better listen to our body to know the difference.

### AT HOME ACTIVITY

Ask your child to explain the way we used to the Kids Hun

ger Tracker during our snack today. Consider using a system of your own to support your child's effort over the next few days to learn more about his or her own hunger signals. Perhaps a 1 to 5 scale along these lines:

- 1 = I'm very hungry; my stomach is growling and I'm feeling weak or tired.
- 2 = I'm fairly hungry.
- 3 = Neutral; I feel satisfied, content.
- 4 = I'm starting to feel full.
- 5 = I ate way too much and am uncomfortable

Track your hunger signals for the next few days after each meal to see if you are eating more or less than your body is signaling you to eat.

### SLOW DOWN



Eating slower allows everyone to enjoy meal time more and has many benefits for children and adults, such as better digestion and weight loss. A few tips to help you eat slower and eat less include:

- removing distractions, such as electronics
- serving small portions
- having a conversation with your family while sitting at the table.

These are just a few tricks to help you slow down and feel satisfied, not overstuffed, after a meal.