

Manage Your Food Cues



 **Deaconess**
WEIGHT LOSS
SOLUTIONS

Physical Hunger vs. Psychological Hunger

Physical Hunger



- ▶ Internal signals from your body let you know when it is time to eat. This process is a normal part of human physiology so you know when to eat.
- ▶ Since we require fuel for our bodies to function, physical hunger is a positive normal way for us to eat nutritious foods.
- ▶ Going longer than 4-5 hours without eating allows for hunger to build, which means we are much more likely to overeat at the next meal time. We want to avoid this to help lose weight!

Psychological Hunger

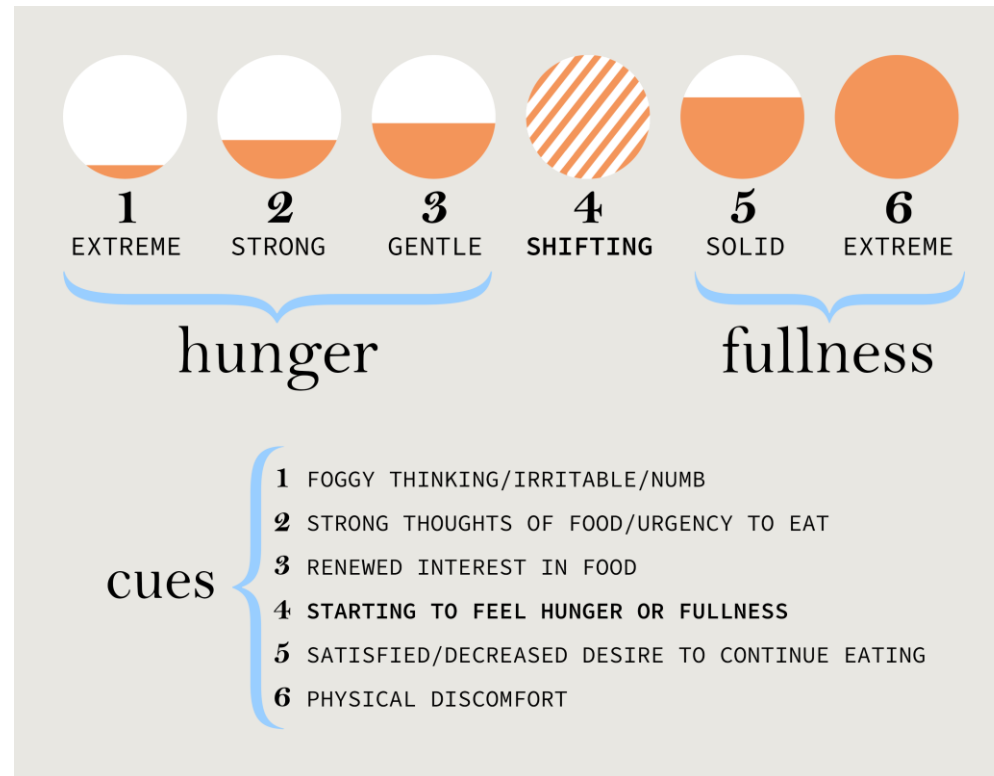


- ▶ Also known as “head hunger”, this is different than physical hunger, because you aren’t really hungry, yet you still eat anyway. “Head Hunger” can be based off of our senses (sight, smell, and taste) or even emotions.
- ▶ The reason for this nutrition class, is for you to begin thinking about why you eat when you eat. Before you do eat, ask yourself “am I really hungry, or is this just head hunger?”

Physical Hunger

What Does Physical Hunger Feel Like?

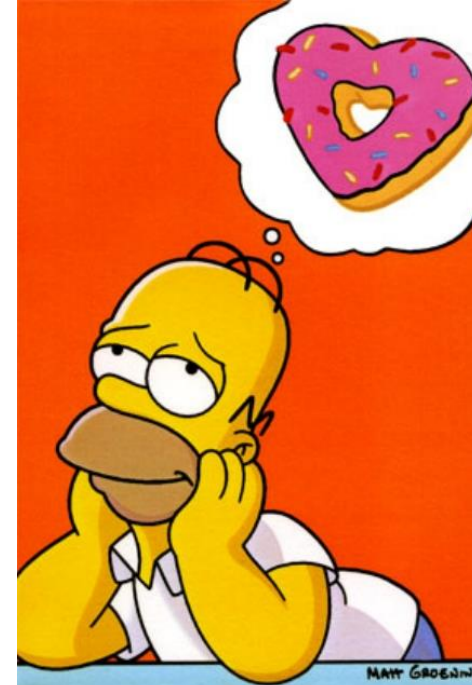
- ▶ Stomach growling
- ▶ Empty feeling in the stomach
- ▶ Light-headedness
- ▶ Slight headache
- ▶ You truly are hungry, and need to eat food to fuel your body and feel satisfied. This would be your food cue when experiencing physical hunger



Psychological Hunger

Examples Include:

- ▶ Food smells good
- ▶ Food looks good
- ▶ Craving a certain food
- ▶ Eating just because of the time of day
- ▶ Emotions are involved: stress eating, boredom eating, and fatigue
- ▶ Your food cue in this instance is really coming from something else, not true hunger



Emotional Eating

What Does Emotional Eating Look Like:

- ▶ We all have emotions, and there are various ways to deal with them, however, food is not one of them.
- ▶ Emotions aren't necessarily negative. What do most people do when they are happy and celebrating?
- ▶ Whether you are seeking bariatric surgery or not, improving upon emotional eating is something to work on now rather than later.

12 INDICATIVE SIGNS OF EMOTIONAL EATING

1. You **eat** when you are **stressed**
2. You **eat** as a response to **your emotions**
3. You **seek solace** in **food**
4. You have **trouble losing weight** (due to the way you eat).
5. Your eating is **out of control** (You can't stop yourself from eating)
6. You eat to **feel happy**
7. You eat **when you feel happy**
8. You are **fascinated** with **eating / food**
9. You use **emotionally-charged** words to **describe** food / eating
10. You **eat** even though you are **rightfully full**
11. You **think of eating** even though you are **rightfully full**
12. You have **random food cravings** out of the blue

Emotional Eating Continued

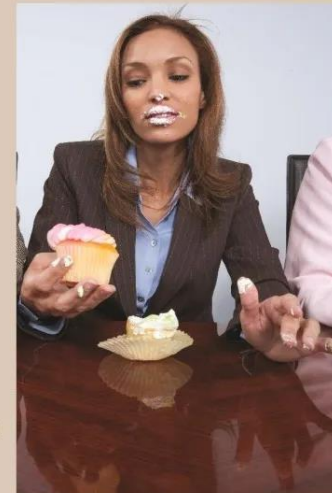
Ask Yourself These Questions:

- ▶ Do you use food to help make yourself feel better when experiencing a certain emotion?
- ▶ Is your motivation to eat healthy reduced when you are tired?
- ▶ Do you sometimes have negative thoughts or feelings when you are not able to accomplish your goal of healthy eating?
- ▶ Is food your friend?

- ▶ If you answered yes to any of these questions, you might be an emotional eater.

Signs of Emotional Eating

- You eat even when you are not hungry, but emotionally dissatisfied.
- It is hard to find a specific food that satisfies you.
- You eat because you are angry, bored or anxious.
- You eat mindlessly with little attention to taste and texture.



Understanding the Difference

PHYSICAL HUNGER

- ✓ BUILDS GRADUALLY
- ✓ YOU FEEL IT BELOW THE NECK (RUMBLING STOMACH)
- ✓ OCCURS SEVERAL HOURS AFTER A MEAL
- ✓ GOES AWAY WHEN FULL AFTER EATING
- ✓ EATING LEADS TO A FEELING OF SATISFACTION

EMOTIONAL HUNGER

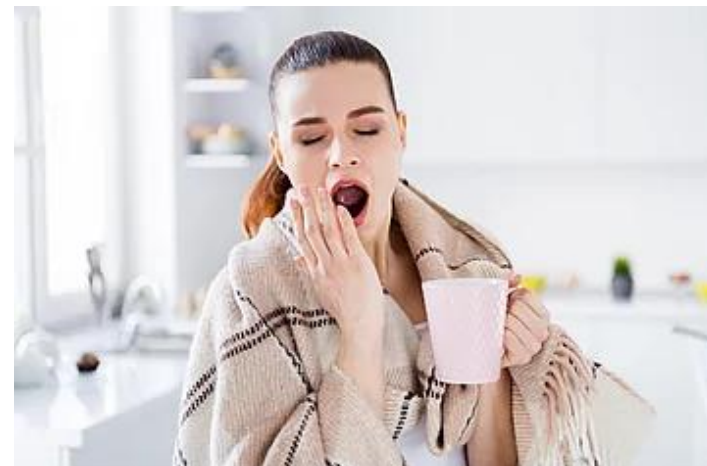
- ✗ DEVELOPS SUDDENLY
- ✗ YOU FEEL IT ABOVE THE NECK (FEELING "IN YOUR HEAD")
- ✗ UNRELATED TO TIMING OF MEALS/SNACKS
- ✗ DOESN'T GO AWAY AFTER EATING
- ✗ EATING LEADS TO FEELINGS OF GUILT AND SHAME

Emotional Cues:

Internal cues that are associated with an emotion

Emotional Cues Include:

- ▶ Depressed
- ▶ Stressed
- ▶ Anxious
- ▶ Lonely
- ▶ Bored
- ▶ Tired
- ▶ Happy
- ▶ Sad



Environmental Cues:

Non-internal cues that affect eating

Social Cues

- ▶ Family/Friends
- ▶ Holidays
- ▶ Parties/Special Occasions
- ▶ Conducting a business over a meal



External Cues

- ▶ Sight or smell of food
- ▶ Specific food
- ▶ Particular place: kitchen, restaurant, bar, car
- ▶ Specific activity; TV or at the movies
- ▶ Certain times of the day:
 - ▶ Breaks or lunch at work
 - ▶ Arriving home from work
 - ▶ After dinner, but before bed

Coping with Food Cues

- ▶ 1. Identify the type of hunger you are experiencing: physical or psychological
- ▶ 2. If you are experiencing **Physical Hunger**, include a healthy snack if it is not currently a meal time, and if the next meal you will have is more than 1 hour away
- ▶ 3. If you are experiencing **Psychological Hunger**, identify what trigger is causing this to occur
- ▶ 4. **Brainstorm** on some ways to help overcome the psychological hunger



How to Plan Ahead for Head Hunger Food Cues

1. Adapt

- ▶ Adapting is a way to help when an emotional cue or head hunger occurs by having a plan in place to make a SMART decision to only eat when you experience physical hunger
- ▶ An example of this would be bringing a healthier dish to share at a family gathering
- ▶ You are simply adapting to the situation you are in that might trigger emotional eating or eating when you have head hunger

2. Eliminate

- ▶ Eliminating is when you completely remove the trigger (food cue) that is present
- ▶ An example of this would be not going out to eat at a fast food joint with your friends, because the temptation is too high



Ask Yourself These Questions to Plan Ahead

- ▶ 1. Can this cue be avoided?
- ▶ 2. If not avoidable, how can I adapt my response to this cue?
- ▶ 3. What is the best solution for coping with this cue?
- ▶ 4. What steps are necessary to take to implement this solution?
- ▶ 5. How will I know when I have successfully managed the cue?



Ask Yourself These Questions to Plan Ahead Example: Eating Sweets Late Night (Before Bed)

- ▶ 1. Can this cue be avoided?
 - ▶ 2. If not avoidable, how can I adapt my response to this cue?
 - ▶ 3. What is the best solution for coping with this cue?
 - ▶ 4. What steps are necessary to take to implement this solution?
 - ▶ 5. How will I know when I have successfully managed the cue?
- ▶ 1. Let's say a person is currently doing this and cannot avoid it.
 - ▶ 2. Adapt by eating fruit rather than sweets.
 - ▶ 3. Having a friend to talk to during this time of change: support group!
 - ▶ 4. Steps could be removing sweets from the pantry and/or purchasing favorite types of fruit to keep in the house.
 - ▶ 5. Successfully managing this cue would be when it becomes a new habit. You do it without thinking about it.

Tips on how to Setup Your Plan

- ▶ 1. **Identify** the trigger that cues you to eat
- ▶ 2. **Brainstorm** ways to either adapt or avoid the problem cue
- ▶ 3. **Implement** a plan to attain this goal
- ▶ 4. **Practice** with your plan
- ▶ 5. **Don't give up**, “just keep swimming!”
- ▶ 6. **Revise** the plan as needed and continue to practice until you meet your goal



The Road to Success

- ▶ Losing weight and feeling your best takes time, patience, and some planning!
- ▶ Start by creating a plan with small goals to get you to where you want to go
- ▶ A baby step in the right direction is still a step in the right direction!

