



## Hunger Helper Scale: 1-10

- 1—I'm full, digesting my last meal. If I am thinking about food, I'm triggered!
  - 2—I'm not hungry. I'm not full and still digesting my last meal.
  - 3—I'm getting tired. Not hungry yet. Time for hydration.
  - 4—I'm a little hungry; mealtime is in a couple of hours. Time for a snack & water.
  - 5—It's close to mealtime. I can wait until then to eat; a little water won't hurt.
  - 6—I'm getting hungry; time to prepare my meal, calmly.
  - 7—I'm hungry; time to eat before my eyes become bigger than my stomach.
  - 8—I'm eating, and if I'm not careful, I risk eating too fast and too much.
  - 9—I'm eating and have to ask myself to slow down.
  - 10—I'm starving and out of control. Calm down; it's not my last supper!
- \* If you are not hungry in the morning, assess your night snack (more discussion ahead).

### Hunger Helper Food/Beverages

You assessed your hunger, it's unexplainable but you are legitimately hungry but still want to stay true to your goals or on your way to the restaurant and want to avoid overeating. Below are healthy choices to fill the gap with free snacks—low calorie foods loaded with nutrients. All vegetables are low calorie, but a few are virtually calorie-free.

- \* Try tomatoes sprinkled with your favorite herb; drizzle with balsamic vinegar.
- \* Create a stir-fry or antipasto cooked in broth; drizzle with lemon/lime, herbs, or garlic.
- \* Water (Still or Sparkling), herb tea (hot/cold), or brothy soup.
- \* Asparagus, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Lettuce, Mushroom, Onions, Garlic, Peppers, Radish, Spinach, Tomato, Zucchini, Salsa, Kale

### The Eaters Digest:

<b>Carbohydrates:</b>	5 to 90 minutes (higher fiber, about ninety minutes)
<b>Protein:</b>	2 to 3 hours
<b>Fat:</b>	3 to 5 hours