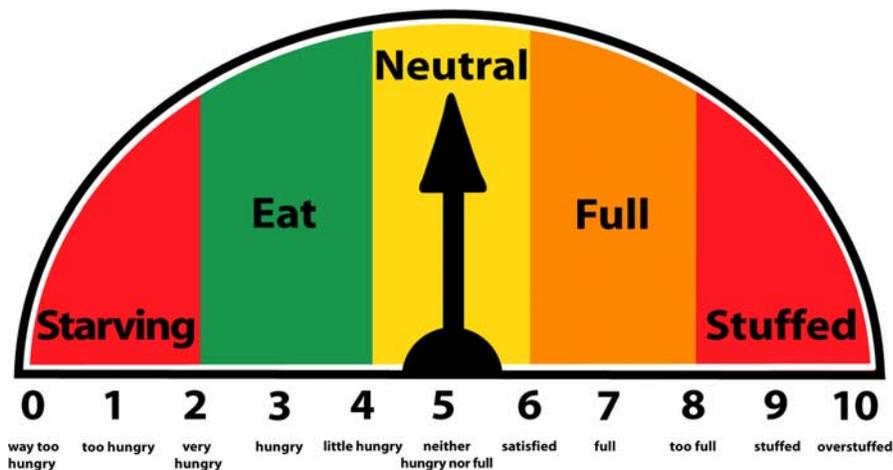




Do you read your hunger gauge?

As infants, we were born with the innate ability to differentiate between hunger and fullness. As we grew into children, this ability becomes overshadowed or even lost. In other words, we learn to eat for reasons other than true hunger, such as: boredom, stress, loneliness, comfort, taste, the smell or sight of food, or just the time of day. As a result, we gain excess weight when we eat for reasons other than our energy needs.

The Hunger Gauge



Check your hunger gauge during and between meals and make sure you are responding appropriately. The goal is to keep your gauge between 2 and 8 at all times, avoiding getting too hungry, 0-2, or getting too full, 8-10. At 2-4, you are hungry and should eat; at 6-8, you are full and should stop eating. When you are at 5, you are satisfied. If it helps, try putting your hand on your stomach to 'read' your gauge.

For more information on listening to your hunger cues, contact your local base **Health and Wellness Center** or **Dietitian**.

Shape Your Future... Your Weigh!™