



Only eat when your belly tells you to:

# An Overview of Intuitive Eating

Intuitive eating means eating only when you're hungry, consuming strictly what your body needs. It isn't a diet but rather a schedule of eating that can ultimately lead to a healthier lifestyle.

**1**

Eat as soon as you feel signs of hunger. The longer you wait, the more likely you are to overeat.

**4**

Avoid eating anything else after you are full. Intuitive eating is all about controlling yourself and not eating more than you need.

**2**

Prepare nutritious meals that you actually enjoy make intuitive eating easier to follow.

**5**

Intuitive eating doesn't tell you what to eat. It just tells you when to eat and how much to consume.

**3**

Get a good amount of sleep and exercise to help reduce feelings of hunger.

**6**

Use a hunger scale to recognize the variations in hunger levels.

## Hunger Scale

<b>1</b> Starved; weak or dizzy	<b>2</b> Extreme hunger; irritable	<b>3</b> Less famished; occasional stomach growling	<b>4</b> Mildly hungry	<b>5</b> Satiated; feeling neither full nor hungry	<b>6</b> Mildly full; no discomfort	<b>7</b> Full; mild discomfort	<b>8</b> Stuffed; notable discomfort	<b>9</b> Very stuffed; extreme discomfort	<b>10</b> Overly full; feeling sick
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