EAT WHEN PHYSICALLY HUNGRY.
STOP EATING WHEN SATISFIED.

How do the above statements help me control weight?
Most of us never consider that our body tells us useful information all the time. We know when:

- To urinate, defecate.
- To sleep, to wake up.
- We become too hot or cold.
- We touch something too hot or cold.
- We feel a bug-bite that we can’t even see!
- We are sick and something is wrong, etc.

Most of us are not aware that we carry within us an INTERNAL CALORIE SENSOR!
If we pay attention, we can tell when we are physically hungry and when our physical hunger is satisfied. These feelings, if we obey them, keep us from putting food/calories in our mouths and allow us to know when we have eaten enough. That simple fact keeps extra calories out of our body, for those surplus calories cause unwanted weight gain—even if we eat healthy food!

We are born with an INTERNAL CALORIE SENSOR that works instinctively.
At birth we cried when we were hungry and needed to eat. When we had enough to eat, we stopped eating by turning our head away from food, blowing bubbles, and holding our mouth tightly shut. We are not sure why some people stop paying attention to their hunger and food satisfaction.

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Paying Attention: What is My Body Telling Me?

How can I keep from overeating?

For the best results, in order to NOT overeat, do not wait until you are OVERHUNGRY because usually people overeat and eat foods that are not as healthy for them because they become desperate for any food – sensible eating no longer matters to the hungry brain!

The scale at the bottom of this page may help you know what to feel for as you relearn this important mind/body connection. You may find that when you are at the extremes of the scale you will not feel very well. Eating at regular intervals helps to keep our eating habits and life in balance. Keeping the hunger diary below will assist you with making adjustments to eating.

How to use the diary? Keep track of everything you eat for a few days. Along with recording your food intake, make yourself write down your hunger/fullness rating before you eat and after you eat. This will help you regain that INTERNAL CALORIE SENSOR.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Hunger Diary</th>
<th>Hunger Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>Food/Quantity</td>
<td>0 1 2 3 4 5 6</td>
</tr>
</tbody>
</table>

Hunger Scale: 0 = Empty; 1 = Very Hungry; 2 = Strong Signal to Eat and Eating is Started; 3 = Comfortable and Content; 4 = Slightly Overate; 5 = Feel Full, Bloated and Uncomfortable; 6 = Absolutely, Positively, Lie-on-the-Floor Stuffed