The Hunger Zone

When to eat to aid weight loss

not at all	a little	hungry	very	ravenous
"I don't need to eat"	*"I could wait"*	*"I'm ready to eat"*	*"I'm very hungry"*	*"I'm desperate to eat"*

If you're not hungry, don't eat.

Sounds silly, right, why eat when you're not hungry? Truth is, many of us eat when we're not actually hungry.

If you find yourself compelled to eat because you're bored, because others are eating or because you're seeking comfort, see if you can stop and wait until your hunger increases. If you were hungry but are now full up, stop eating.

If you're only a little hungry, wait.

Eating when you're not hungry or only a little hungry can stop you from losing weight and can lead to weight gain. When you take in food you don't need your body stores the energy as fat.

As you eat a meal, you may have been hungry when you started and become only 'a little hungry' as you eat more. Notice when your hunger lessens.

When you're hungry, eat.

Eating when you're hungry is vital for anyone, including people who want to lose weight. When you're hungry, your body will digest the food and use the energy it needs.

Eating when you're hungry tells your body that food's available, so whenever it's hungry it will not develop a need to store energy as fat for later. Eating when you're hungry therefore, actually helps you to lose weight.

Don't wait until you're very hungry.

If you get very hungry you should, of course, eat. Eating when we're very hungry, however, can mean we rush to eat, are perhaps more likely to make poor food choices, eat very quickly, and overeat.

If you get very hungry before eating, when you do eat, try to slow down your eating so as not to overeat.

Don't let yourself get ravenous.

If you leave eating until you feel ravenous or 'starving hungry' your body may go not starvation mode. When you do eat, it will be more likely to store food as fat and as a result, you'll put on weight.

A little hunger is ok, too much hunger can hinder your weight loss efforts.

Love Yourself & Lose Weight