

Hungry All the Time?

Here are some tips for managing your hunger:

- Real hunger comes on slowly, not all of a sudden. Pay attention to your body and learn your signs of true hunger.
 - Eat 5–6 small, healthy, balanced meals. Spacing out your meals can help you manage your hunger and make you less likely to overeat at the next meal.
 - Eat s-l-o-w-l-y. Actually taste what you eat.
 - Eat filling, high-fiber foods such as vegetables, cereals, whole grain breads, or fruit.



Cravings are often confused with hunger. A craving is an intense desire for a specific food.

- Cravings often don't last that long. Try to wait out a craving.
- Cravings tend to be more emotional than physical. You can manage cravings by distracting yourself. Find something else to do or think about besides eating. Take a short walk or talk with a friend.
- If the craving doesn't go away, have just a little bite of what you're craving and savor it. For example, let a little piece of chocolate melt in your mouth rather than eating a whole candy bar.

