

# HEALTHY FAMILIES COACH

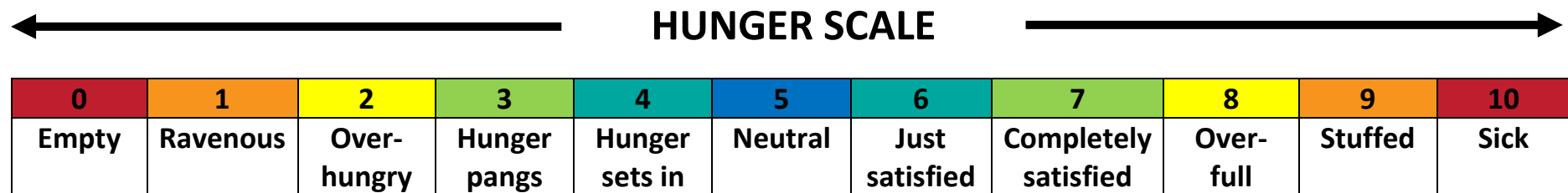
Children are good at letting their stomach's guide when to eat and when to stop. As we get older, many of us lose touch with our bodies and eat for reasons other than hunger or overeat to the point of feeling uncomfortable. If we do this too often, that is when weight gain happens because we are eating more than our body needs to keep healthy.

The Hunger Scale below is a good tool to use to get back in touch with your body to let it guide when to eat and when to stop.

So how do you use it?

Ask you self “**how hungry am I on this scale**” before you start eating.

After eating ask yourself “**how full am I on this scale?**”



Where did you sit?

What do we recommend?

Aim to **START** eating when hunger reaches a 3 – 4, when hunger is starting out

Aim to **STOP** eating when fullness reaches 6 – 7, satisfied but not overfull

*Tip: many people find if they get too hungry, they tend to eat quickly and overeat, so try and eat before you get desperate*

