



LISTEN TO YOUR BODY... UNDERSTAND HUNGER CUES



Hunger cues are your body's way of signaling that it needs fuel. Learning to recognize and respond to these cues is essential for maintaining a healthy relationship with food and your body.

So, what exactly are they? Hunger cues are **physical and mental signals** that tell you when your body needs food. They vary from person to person and can range from subtle to intense.

Common physical hunger cues

- Stomach growling or rumbling.
- Empty or hollow feeling in the stomach.
- Slight headache or light-headedness.
- Feeling weak or fatigued.
- Difficulty concentrating.
- Irritability or mood changes.

Common mental/emotional hunger cues

- Thoughts about food.
- Craving specific foods.
- Feeling distracted because you're thinking about the idea of eating.
- Anticipating mealtimes.
- The sight or smell of food.
- A certain place or time you commonly eat.

There are many benefits of responding to physical hunger cues. These include better digestion, improvements to energy levels, reduced likelihood of over- or undereating, and an overall better relationship with food and your body.

Be mindful though that sometimes we eat for reasons other than physical hunger. It's important to differentiate between true hunger and other triggers that result in mindless eating:

1 Emotional eating

- consuming food in response to feelings such as stress, sadness, or boredom.

2 Social eating

- eating because others are.

3 Habitual eating

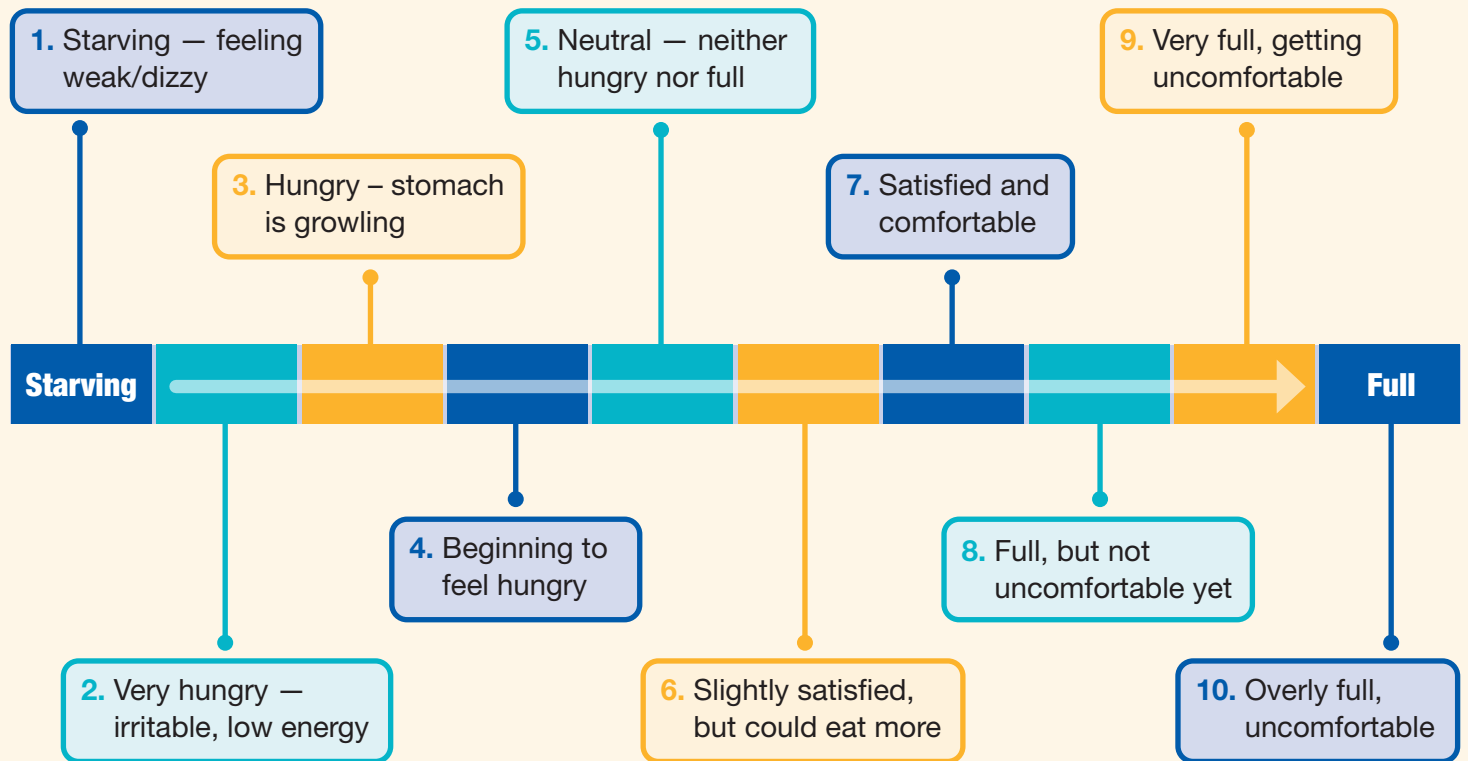
- eating at certain times or at certain places simply because you usually do.

4 Thirst

- sometimes what may be sensed as hunger is actually a sign you need water.



The hunger–fullness scale



Here are some tips to help you tune into your hunger cues:

- 1 Eat mindfully, without distractions.
- 2 Use the hunger–fullness scale to assess your hunger level.
- 3 After you first identify the feeling of hunger, wait a few minutes to make sure if you're truly hungry.
- 4 Stay hydrated to avoid confusing thirst with hunger.
- 5 Keep a food diary to identify patterns.

Remember that everyone's body is different, and it may take time to learn your unique hunger cues. Be patient with yourself as you develop this skill.

To learn more, you can speak with a member of the **ZUPREME 2 Trial Team** at your next trial visit.

