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Professional Certificate in Intuitive Eating

## Honoring Your Hunger

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**Honoring Your Hunger:** Honoring your hunger is a key principle in the practice of intuitive eating. It involves listening to your body's cues and signals to determine when you are physically hungry and then responding appropriately by eating to satisfy that hunger. Honoring your hunger means not ignoring or suppressing your body's natural signals for nourishment.

Key Terms:

**Physical Hunger:** Physical hunger is the body's biological need for food. It is a physiological sensation that can manifest as stomach growling, lightheadedness, irritability, or fatigue. When you experience physical hunger, it is your body's way of telling you that it needs nourishment.

**Emotional Hunger:** Emotional hunger, on the other hand, is driven by emotional or psychological needs rather than physical ones. It is often triggered by stress, boredom, loneliness, or other emotional states. Emotional hunger can lead to mindless eating and overeating in an attempt to soothe emotions rather than fuel the body.

**Satiety:** Satiety is the feeling of fullness and satisfaction that occurs after eating. It is your body's way of signaling that you have had enough food and no longer need to eat. Honoring your satiety cues is essential in intuitive eating to prevent overeating and promote healthy eating habits.

**Mindful Eating:** Mindful eating is a practice that involves paying full attention to the experience of eating while being present in the moment. It includes being aware of the taste, texture, and aroma of food, as well as recognizing hunger and satiety cues. Mindful eating can help you develop a healthier relationship with food and make more conscious food choices.

**Intuitive Eating:** Intuitive eating is a non-diet approach to eating that emphasizes listening to your body's hunger and fullness cues, as well as respecting your cravings and preferences. It encourages you to trust your body to guide you in making food choices that are satisfying and nourishing without strict rules or restrictions.

Vocabulary:

**Hunger Cues:** Hunger cues are the signals that your body sends to indicate that it needs nourishment. These cues can be physical sensations like stomach growling or feelings of emptiness, as well as psychological cues such as thoughts of food or increased focus on eating.

**Fullness Cues:** Fullness cues are the signals that your body sends to indicate that you have had enough food and no longer need to eat. These cues can include feelings of satisfaction, a decrease in hunger, or physical discomfort from overeating.

**Cravings:** Cravings are intense desires or urges for specific foods or flavors. They can be triggered by physiological factors like nutrient deficiencies or hormonal changes, as well as emotional factors such as stress or boredom. It is important to acknowledge and honor your cravings in a balanced way as part of intuitive eating.

**Disordered Eating:** Disordered eating refers to a wide range of abnormal eating behaviors that may not meet the criteria for a specific eating disorder but can still have negative effects on physical and mental health. Examples include restrictive eating, binge eating, and compulsive eating. Intuitive eating aims to help individuals break free from disordered eating patterns and develop a healthier relationship with food.

**Food Rules:** Food rules are strict guidelines or restrictions that dictate what, when, and how much you should eat. These rules are often based on external factors like diet trends, societal norms, or personal beliefs about food and body image. Intuitive eating encourages you to challenge and let go of food rules in favor of listening to your body's internal cues.

**Practical Applications:**

- 1. Keep a Hunger Journal:** To practice honoring your hunger, consider keeping a hunger journal to track your hunger cues throughout the day. Note when you start to feel hungry, what foods you eat to satisfy that hunger, and how you feel after eating. This can help you become more aware of your body's signals and make more informed food choices.
- 2. Practice Mindful Eating:** When you sit down to eat, try to focus solely on the act of eating without distractions like TV or phones. Pay attention to the taste, texture, and smell of your food, as well as your hunger and fullness cues. Eating mindfully can help you slow down, savor your meals, and prevent overeating.
- 3. Check-in with Your Body:** Throughout the day, take a moment to check in with your body to see if you are physically hungry. Ask yourself how your body feels and if you need nourishment. By tuning into your body's cues regularly, you can develop a better understanding of your hunger patterns and needs.
- 4. Experiment with Different Foods:** Honor your hunger by giving yourself permission to eat a variety of foods that you enjoy. Allow yourself to explore new flavors and textures without judgment or guilt. By expanding your palate and trying new foods, you can learn to satisfy your cravings in a balanced way.

**Challenges:**

- 1. Identifying Hunger vs. Cravings:** One common challenge in honoring your hunger is distinguishing between physical hunger and cravings. Cravings can be powerful and may lead you to eat when you are not truly hungry. Practice tuning into your body's cues to determine if you are experiencing genuine hunger or emotional cravings.
- 2. Overcoming Food Rules:** It can be challenging to let go of ingrained food rules and beliefs about what you should or should not eat. Work on challenging these rules and giving yourself permission to eat all foods in moderation. Remember that no food is inherently good or bad, and all foods can be part of a

balanced diet.

3. Dealing with Emotional Eating: Emotional eating is a common barrier to honoring your hunger, as it can mask true physical hunger cues. If you find yourself turning to food for comfort or stress relief, practice alternative coping mechanisms like talking to a friend, engaging in a hobby, or practicing relaxation techniques. By addressing the underlying emotions, you can better honor your body's true hunger signals.

4. Listening to Your Body: Learning to trust and listen to your body's cues can be a challenge, especially if you have a history of dieting or disordered eating. Be patient with yourself as you relearn how to honor your hunger and fullness without external rules or restrictions. With practice and self-compassion, you can develop a more intuitive and healthy relationship with food.

In conclusion, honoring your hunger is a fundamental aspect of intuitive eating that involves listening to your body's cues, respecting your hunger and fullness, and nurturing a positive relationship with food. By practicing mindfulness, challenging food rules, and tuning into your body's signals, you can cultivate a more intuitive and balanced approach to eating that supports your overall well-being.