RECOGNIZE BIOLOGICAL HUNGER Video Two	
● RDN Academy 2017	2
PRINCIPLE #2: HONOR YOUR HUNGER	

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Our need for food energy is so essential and primal that if we are not getting enough energy, our bodies naturally compensate with powerful biological and psychological mechanisms

-Tribole & Resch

# HUNGER

- ➤ Hunger: Biological drive to eat
- ➤ Hunger cues are just like any other bodily cue
- ➤ Primal drive to eat

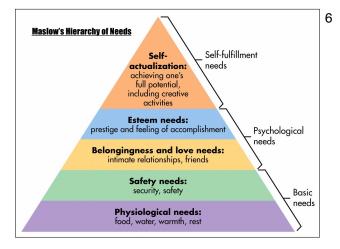


# RESEARCH

- ➤ Study of rats
- ➤ 2 groups-one deprived of food; one normal diet

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- ➤ Rat buffet of favorite foods
- ➤ Deprivation group overate and gained more weight
- ➤ Longer deprived, more weight gain



THE HUNGER DRIVE	7
<ul> <li>Nerve cells for appetite located in the hypothalamus region of the brain</li> </ul>	
➤ Willpower versus biological drive	
➤ Complex system of chemical and neural feedback	
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SECOND GUESSING BIOLOGY	8
➤ Chronic and over-restriction is attempting to outsmart our biology	
➤ Eating based on the rules of restriction versus hunger	
➤ Masking our cues for hunger (and satiety)	
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SILENCING HUNGER	9	
➤ Numbing hunger  ➤ "Time out" signals		
<ul><li>➤ "Tune out" signals</li><li>➤ Chaos</li></ul>		
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	10	
SKIPPING BREAKFAST		
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# STEPS TO RECOGNIZE BIOLOGICAL HUNGER

	HIINGED	

- ➤ Recondition of your biological hunger cues
- ➤ Understanding that no food is completely off limits,
- ➤ Continual access to foods

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BIOLOGICAL HUNGER		
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STEP ONE: LISTEN, INQUIRE, TRACK	14	
➤ Listen		
<ul> <li>Symptoms of hunger: stomach gurgling, headache, light headedness, decreased, concentration, faintness</li> </ul>		
► Inquire		
✓ Am I Hungry? What's my hunger level? How		
long since I have last eaten? ➤ Track		
✓ Journal feelings, emotions, progress and content		
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STEP TWO: RECOGNIZE		
NON-BIOLOGICAL HUNGER		
	16	
NON-BIOLOGICAL HUNGER	10	
NON-BIOLOGICAL HUNGER	10	
➤ Practical hunger	10	
	10	
<ul><li>Practical hunger</li><li>Taste hunger</li></ul>		
<ul> <li>Practical hunger</li> <li>Taste hunger</li> <li>Emotional hunger</li> </ul>		
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# **HUNGER EVALUATION**

- ➤ How hungry are you?
- ➤ What physical sensations do you feel?
- ➤ What emotions are you feeling?
- ➤ Time since last meal?
- ➤ What did you eat?
- ➤ Why did you eat this?
- ➤ Track observations

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➤ Hunger is individualized

NOTES

- ➤ Differs from person to person
- ➤ Differs from day to day

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