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# RECOGNIZE BIOLOGICAL HUNGER

Video Two

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# PRINCIPLE #2: HONOR YOUR HUNGER

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# STEPS TO RECOGNIZE BIOLOGICAL HUNGER

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## HONOR YOUR HUNGER

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

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**STEP TWO: RECOGNIZE  
NON-BIOLOGICAL HUNGER**

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**NON-BIOLOGICAL HUNGER**

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- Practical hunger
- Taste hunger
- Emotional hunger

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**PERMISSION  
TO EAT**

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