

# Food and Mood



It's best to only eat when we are truly hungry. But sometimes we eat when we're upset, bored, or stressed. It can be hard to know if you are eating because you're in the mood to eat (emotional hunger) or if your body is truly hungry (physical hunger).

## What is emotional hunger?

You may feel emotional hunger when you are not in a good mood. With emotional hunger, you may eat more than you need to. This is because you keep on eating after you feel full.

## What is physical hunger?

You feel physical hunger when you need to feed and fuel your body. When you feel full, you stop eating. When you are truly hungry, you do not feel guilty after you eat.

Emotional hunger and physical hunger can feel like the same thing. But they're not. When your body is truly hungry, you will feel hunger cues.

## What are hunger cues?

Hunger cues are signs that your body uses to let you know it is hungry. Here are some hunger cues:

- Your belly rumbles or growls.
- Your belly feels empty.
- You feel grumpy.
- You feel like you don't have a lot of energy.

Use this chart to figure out if you are feeling emotional hunger or physical hunger.

Emotional Hunger	Physical Hunger
Your hunger feels sudden and urgent. You feel like you need to eat right away.	You get hungrier over time. You don't feel like you need to eat right away.
You feel hungry again soon after you ate.	You feel hungry 4 to 6 hours after a meal.
You still feel hungry after you are full.	You don't feel hungry after you are full.
You have specific cravings for comfort foods like pizza or ice cream.	Many foods can satisfy your hunger.
You tend to eat more than your body needs. Or you keep eating after you're full.	You stop eating when you are full.
You often feel guilty after eating.	You don't feel guilty after eating. You feel satisfied.

## Tips for healthy eating:

- Eat lots of different fruits and vegetables each day.
- Be in the moment when you eat. Turn off the TV and sit down to eat.
- Think about how your food tastes when you are eating. Is it crunchy, sweet, salty, spicy?
- Drink lots of water.
- Eat fish at least 2 times a week.