

How to tell the difference between Emotional hunger and Physical hunger.

There are several differences between emotional hunger and physical hunger:

1. Emotional hunger comes on suddenly; physical hunger occurs gradually.

2. When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food, such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you are open to options.



3. Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.

4. Even when you are full, if you are eating to satisfy an emotional need, you are more likely to keep eating. When you are eating because you are hungry, you are more likely to stop when you are full.

5. Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.



To learn how to identify and overcome emotional eating, check out our Thin&Healthy programs. We don't just want to help you lose your weight; we want to teach you a lifestyle so you never need to lose your weight again!

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