



Rachel Naar
Nutrition

Rachel's Tips for HUNGER & FULLNESS

It can be extremely difficult to identify hunger and fullness cues.

Below are some signs of hunger and fullness that you may experience. It may be helpful to use a scale (like the one on the next page) to help you recognize these signals.

	Hunger	Fullness
Stomach	Grumbling, feels "empty"	Pressure, feels extended
Energy	Sluggish, light-headed	More energy, possibly slightly lethargic
Mood	Irritable, "hangry"	Content
Thoughts	Thinking about food constantly	Food doesn't taste as satisfying or tasty

Recognizing hunger & fullness cues is usually not enough if you are dealing with a complicated relationship with food. I understand that these feelings can be uncomfortable and hard to trust. That's why it's important to work with a dietitian to separate these hunger/fullness cues from emotions and disordered thinking.

Some tips and reminders:

1 *Be mindful during mealtime*

Allow yourself to be mindful during mealtimes. Ask yourself how hungry/full you're feeling before, during and after eating, think about how the food tastes, etc. without judgement (More about this in my e-book!)

2 *Acknowledge the cues*

It may be helpful at first to just acknowledge the cues. "My stomach just grumbled. Cool." Don't try to relate it to hunger or fullness. Just state what you're feeling physically free of judgement.

3 *Hunger & fullness vary daily*

Some days you'll be more hungry and eat more than others. That's perfectly normal!

4 *Show yourself compassion*

Talk to yourself how you'd talk to a friend going through this situation. Give yourself some kindness, curiosity, and compassion during this time.

5 *Be proud of your body*

Be proud that your body is functioning! Having hunger and fullness cues means that your gut is communicating with your brain!

It's a hard and long journey to accept your body, but take it day by day.

Your body will thank you.

Meet Rachel

Rachel Naar, MS RD CDN, is a Registered Dietitian Nutritionist and the founder of her private practice, Rachel Naar Nutrition (developed in 2018) where she helps clients redefine their relationship between food and mood. Food is social, cultural, emotional, spiritual, and creative. Her approach is to debunk and demystify food, draw connections to overall well-being, and make life palatable.

Services

Rachel takes an individualized approach working 1:1, with families, and couples incorporating background and lifestyle to establish goals to achieve mental and physical well-being.

Overall well-being

Food and Mental Health

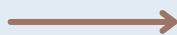
Eating disorders/disordered eating

Meal/snack ideas, grocery shopping

GI distress/ Allergies + Sensitivities



Work with
Rachel



Curious to learn more about working with Rachel?

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