

# the sociEATy

## stage 3: find & trust your body's cues

### video 1 workbook

use this workbook to help you implement the teachings from this video

Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

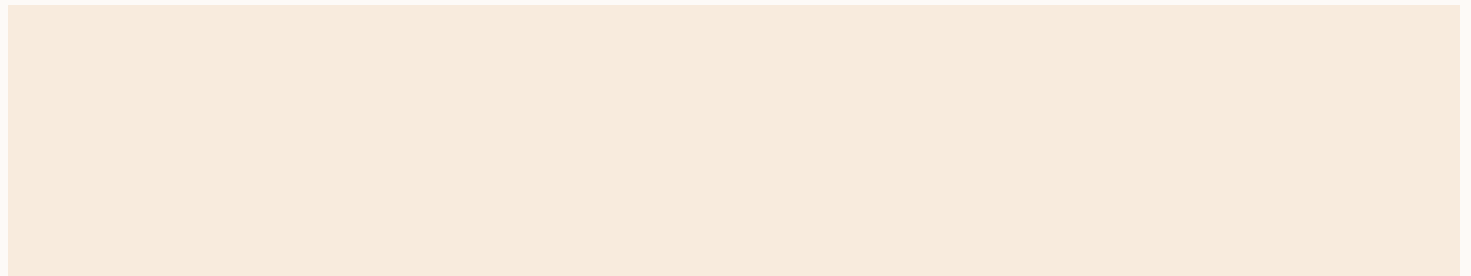
**no food rules.**

# biological reconditioning

In order to regain strong hunger cues you're going to want to start by giving your body consistent, adequate energy. This typically looks like giving our bodies energy, meaning feeding it, every 3-6 hours (with the exception of overnight). You absolutely can be hungrier before the 3 hour mark (it's common to be VERY hungry when you first stop dieting) but we typically want to avoid going longer than 3-6 hours regardless of our cues, ideally.

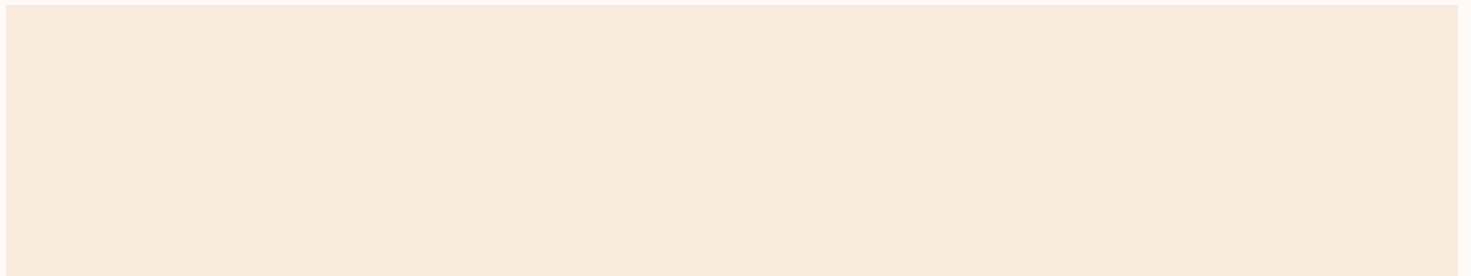
First, think about the past few days and identify any times you went longer than 3-6 hours without eating.

**The times I went longer than 3-6 hours without eating were...**



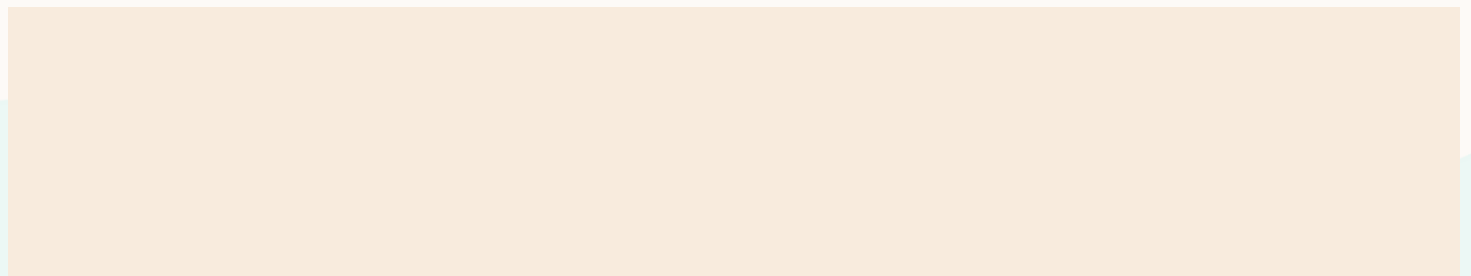
Next, think about any times that you may have tried to "ignore" your hunger and/or did not eat to a satisfying level of fullness.

**Times that I did not honor my hunger were...**



Lastly, think about any barrier that you might have to feeding your body with enough energy every 3-6 hours maximum (example: food guilt thoughts, did not have access to food, etc.) and brainstorm ways to overcome these.

**I can overcome my barriers to biological reconditioning by...**



# gentle nutrition basics

In addition to allowing yourself to eat enough, consistent energy overall (eating the amount of food that your body is asking for and not restricting!), it is also important to give your body all TYPES of energy, meaning we are eating carbs, fat, and protein. This is where I'm going to introduce a little bit of the gentle nutrition basics. We'll go into more detail on them in a later video. For now, I want to discuss the 3 macronutrients: carbs, protein and fat.

## Carbs

Carbohydrates main role is to provide energy and fuel the body kind of the same way gasoline's is going to fuel a car. They are our bodies preferred energy source.

## Protein

Protein is important for a variety of reasons such as growth and development as well as the repair and maintenance of body tissues. It also really helps us to stay feeling full and satisfied.

## Fat

Fat provides the structure to our cells, provides some cushion to our actual membranes to help prevent damage from them and is important to our body's production of hormones. Fat is also important for us to actually absorb and utilize some different vitamins and minerals.

### Foods that contain each macronutrient:

The infographic consists of three purple circles, each containing a macronutrient name. To the right of each circle is a light orange rounded rectangle containing a list of food items. The 'carbs' circle is on the left, 'protein' is in the middle, and 'fat' is on the right.

Macronutrient	Food Sources
carbs	• bread • cereal • tortillas • quinoa • rice • potatoes • pasta • couscous • oats
protein	• chicken • tempeh • beef • beans • fish • tofu • greek yogurt • eggs • cow/soy milk
fat	• avocado • full-fat dairy • oils • nuts • seeds • nut butters

Brainstorm some different combinations of these foods that sound enjoyable to you.

### Meals (aim to include all 3):

### Snacks (aim to include 2):

# using practical hunger

Practical hunger is using our brain (more so than our body's cues) to guide our eating. It's knowing that practically your body needs something, so you give it that. In the beginning of this work you will likely rely more on practical hunger for guidance than actual hunger cues.

You might not have strong, trustworthy hunger cues right now. In order to "wake them up" it's important to do the "biological reconditioning" steps we've discussed (eating enough, consistency throughout the day, as well as including all 3 macronutrients). As you do this you will begin to feel more cues that you can then follow.

Think about your usual day/week and identify any times that you may need to lean on practical hunger VS biological hunger cues. Then, identify any barriers you may have to doing so and how you can overcome them.

Example: Maybe your workday is super busy and you always forget to eat lunch. You could try setting an alarm to remember.

**I will need to use practical hunger when....**

**What I will need to do in order to honor practical hunger is...**

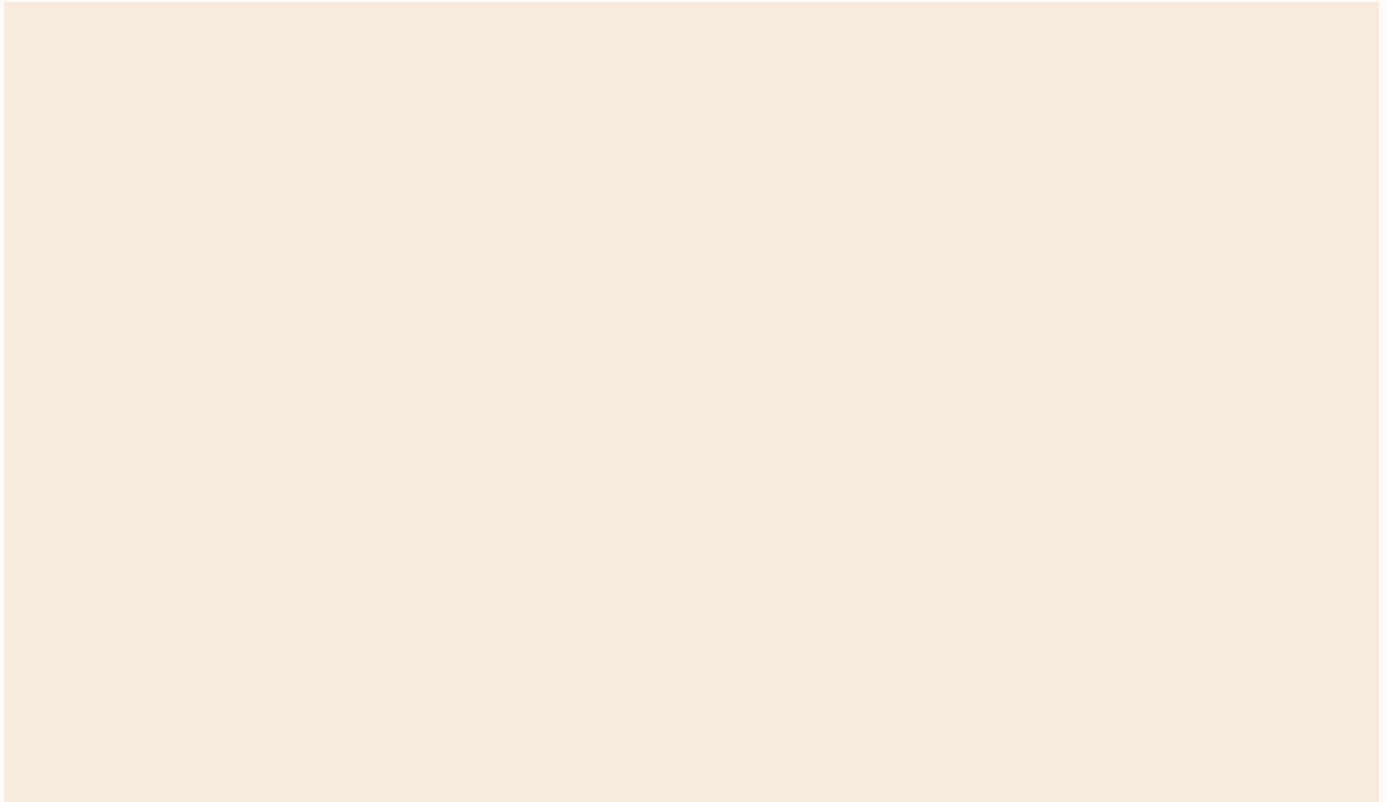
# noticing hunger cues

Hunger cues can be different for every person, so keep an eye out for which ones you begin to notice between meals and snacks. Start making notes about which ones you feel as they arise and if you can correlate them to an intensity.

Here are some signs that your hunger cues are beginning to “wake up” and strengthen:

- You begin to feel mild gurgling in your stomach
- You have growling noises
- You may notice you have difficulty concentrating if it's been a while since you ate
- Your mind may begin to wander to thoughts of food
- You may get irritable if it's been a while since you last ate
- You may feel physically weak or lightheaded if it's been a while since you last ate

## **My hunger cues can feel like:**



Note: Hunger cues will “wake up” before fullness cues. For now, simply focus on the hunger side of things.