



## WHEN SHOULD I EAT?

### FIRST THINGS FIRST:

#### AM I HUNGRY?

I will ask myself, "Am I hungry?" If I am not, I will not eat. Instead, I will drink a glass of water and then wait 15-20 minutes before asking myself again.

If the answer is "Yes," then I will eat.

#### WHAT ARE SOME OF THE PHYSICAL HUNGER CUES THE LORD PLACED IN US?

- \* Tummy grumbles
- \* Yawning
- \* Loss of energy and focus
- \* Tiredness
- \* Dull headache

#### PRAY TO THE LORD

Before I eat any meal or snack, I will say this or a similar prayer of consecration to the Lord out loud or under my breath:

**"Whether I eat or drink, or whatever I do, I do all to the glory, honor, and worship of You, Lord." (From 1 Corinthians 10:31)**

## HOW MUCH SHOULD I EAT?

### NEXT THINGS NEXT: 😊

#### WHEN HAVE I HAD ENOUGH?

I will ask, "Have I had enough?" while I am eating. I can ask myself, or the Lord.

If the answer is, "No," then I will keep eating. If the answer is, "Yes," or my answer is "Um, maybe," then I will STOP eating.

#### HOW WILL I KNOW WHEN I'VE HAD ENOUGH?

- \* I wonder if I've had enough \* Sigh or Big Breath \* Looking for best bites
- \* I no longer feel PHYSICAL hunger
- \* I notice a gentle and slightly "full" or "satisfied" feeling in my stomach (NOT overfull, not stuffed, or uncomfortable)

#### THIS IS NOT "ENOUGH" – IT'S TOO MUCH:

- \* Being a "Clean Plate Clubber" without paying attention to how my stomach feels
- \* Finding emotional relief, stress-relief, or distraction in eating; losing track of how I feel because I'm doing something else while eating (watching TV, my phone, computer)
- \* Stopping only after I feel uncomfortable & too-full feeling, bloated, feeling sleepy, guilty, knowing I've eaten too much.

By God's grace and my choice, I will stop at enough, satisfied, focused, energetic, & calm.