

Physical vs Emotional Hunger

	Physical Hunger	Emotional Hunger
Fast vs. Slow	Comes on gradually	Sudden urge
Where felt/ originates	Sensation of stomach rumbling and growling	Desire for food is mostly in the mouth and the mind
What you want to eat	Any food you like, to satisfy hunger	Craving for a very specific food
Characteristics	<ul style="list-style-type: none"> • May feel shaky, light-headed or weakness • Tired feeling, low energy • May feel a sense of emptiness in stomach • Mood changes 	<ul style="list-style-type: none"> • Automatic or absent-minded eating • Eat to avoid the experience of unpleasant emotions • Eat in isolation • Cued because food there • May be feeling Bored, lonely, stressed, feeling depressed or sad
After eating	Hunger feeling leaves when you finish eating	May feel insatiable, still searching for just the right food