

# MINDFUL EATING

## Appetite vs Hunger Infographic

### SUDDEN OR GRADUAL?

If the feeling of hunger seems to occur suddenly, it is likely caused by appetite. If the feeling develops gradually it is likely hunger.



### SPECIFIC OR GENERAL CRAVING?

If you are craving something specific, it is likely appetite. If you just feel hungry in general and just feel the need to eat, it is likely hunger.

### DOES IT STOP WHEN YOU ARE FULL?

If you continue to want to eat past the point of being full because it tastes good, it is likely appetite. If you are satisfied once full, it is likely hunger.



### CAN IT BE IGNORED?

If you can ignore the feeling of wanting to eat something, it is likely appetite. If the feeling of wanting to eat does not go away, it is likely hunger.



### GUILTY OR SATISFYING?

If you feel guilty after eating a meal, this is a good sign that you may have eaten due to an appetite craving. If you feel satisfied after eating, it was likely hunger.

