

Is It Physical Hunger or Emotional Hunger?

Before you eat that...

By *Woman's Day*

Physical hunger

- Builds gradually
- Strikes below the neck (e.g., growling stomach)
- Isn't accompanied by a sense of compulsion
- Occurs several hours after a meal
- Goes away when full
- Leads to feeling of satisfaction after eating

Emotional hunger

- Develops suddenly
- Hits above the neck (e.g., a "taste" for ice cream)
- Results in an urgent need to eat
- Is unrelated to time since last meal
- Is specific, often for a particular food or brand
- Persists despite fullness
- Leads to guilt and shame after eating

Reference website: <http://www.everydayhealth.com/diet-nutrition/food-and-mood/your-attitude/physical-or-emotional-hunger.aspx>