Goals and Objectives:
1. Increase awareness of internal signals of hunger and fullness.
2. Practice taking control of eating by eating when hungry and stopping when satisfied.

Handouts:
- Audience Notes (create from Lesson 3 Slides)
- What is Normal Eating? (handout 3:1)
- Hunger and Satiety Cards (handout 3:2a and 3:2b, print front to back, cut apart, laminate)
- Clean Plate Club Membership Cards (handout 3:3, cut apart)
- Clean Plate Club Resignation Cards (handout 3:4, cut apart)
- OYOL Labels (Lesson 3 handouts folder)
- Quick Thoughts (Lesson 3 handouts folder)

Materials:
- Sign-in Sheet
- Name Tags
- Fitting in Fitness (one per participant, labeled)
- Portable stereo and lively music
- Flip chart or board and markers or chalk
  (optional: write the WOW on board)
- Computer, Projector, Screen
- Extension Cords
- Feedback sheets from previous lesson

Outline:
- 5 minutes – Welcome and Review
- 10 minutes – Normal Eating and Hunger and Satiety
- 10 minutes – OYOL Discussion and Journaling
- 5 minutes – Physical Activity Break: Work Celebrations
- 15 minutes – Fullness Factors, Respect Fullness, Clean Plate Club, and Honor Hunger and Fullness
- 5 minutes – On Your Own Learning (OYOL)
- 2 minutes – Wrap-up

Words of Wisdom: WOW
“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”
Luciano Pavarotti
My Own Story
As participants arrive, have them sign in and pick up their name tags and Audience Notes. Play some nice background music.

Welcome to our third session of A New You: Health for Every Body.

Does anyone have any comments or questions since we last met? (Address any concerns, confusion or comments from previous session evaluations.)

How are your goals coming? Would anyone like to share news on their goals, accomplishments or barriers? We will discuss the eating experiences part of OYOL (On Your Own Learning) later. Did anyone have an experience with the self-reflection and journaling process to share? If anyone would like to visit with me one-on-one about their goal, please let me know after class.

As a review from our last session, we were discussing steps in becoming an intuitive eater. Today we will talk more about how to

* Make eating pleasurable
* Feel your fullness
* Honor your hunger

With a partner, share some cues your body gives you when you feel hungry or full.

Would anyone like to share?
Slide 3: Normal Eating

Intuitive eating or normal eating is not based on deprivation, calorie counting or making foods forbidden. It is based on making peace with food, making eating pleasurable and being in tune with your mind and body.

**Eat when hungry, stop when satisfied.** Today we will talk more about how to tell when you are biologically hungry and how to sense your fullness.

**Choose a variety of foods you like.** The key is to enjoy the food. Don’t stop eating because you think you should but rather because you are satisfied. This does require being present while you eat and using all your senses. Remember back to our first session and the chocolate kiss activity.

- Look at the variety of colors, shapes and sizes on the plate.
- Close your eyes and deeply breathe in the aromas
- Savor each taste sensation in the food: sweet, sour, salty, bitter
- Feel the textures and temperatures: crunchy, soft, creamy, hot
- Listen to the sound the food makes as you chew

**Use moderation.** Choose a variety of healthful foods, yet don’t eliminate foods you enjoy. In a later session, we will learn more about food choices and portion sizes based on the Dietary Guidelines for Americans and gentle nutrition.

**Recognize that it is normal to overeat sometimes and undereat at other times.** Your body can balance meals over time. We want to strive for normal eating, not “perfect” eating.

**Trust your body.** Your body provides signals when it is hungry and full. Listen to what it is saying. Also, your body will make up for some mistakes in eating. Eating is one of life’s great pleasures – enjoy eating guilt-free.
Distribute Hunger and Satiety cards.

Slide 4 and Slide 5: Hunger and Satiety

Normal eating means eating in a physically connected way – in touch with hunger and fullness.

**Hunger** is discomfort or weakness from lack of food. What are some ways our bodies tell us we are hungry? *(headaches, dizziness, low energy)*

**Fullness or satiety** *(sah-tie-ah-tee)* is having enough food or drink. What are some ways our bodies tell us when we are full or even over full? *(stomach extends, food no longer tastes good, discomfort or pain)*

This Hunger/Satiety scale is a tool to help identify and rate hunger and fullness.

Focus on the 5, neither hungry nor full. As you move left, you feel a little hungry. If you wait to eat, the urge to eat strengthens and you feel emptier. Taken to the extreme, a person is ravenously hungry.

Go back to center and imagine moving to the right. You feel satisfied with the food in your stomach. As you continue to eat, you feel more and more full to the point of great discomfort and even pain.

As we understand our hunger and satiety patterns, we can use the scale to rediscover our hunger and fullness.

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Example 1: This person ate when they were 3 – very hungry. They stopped eating at 7 – comfortably full and satisfied. Here is an example of physically connected intuitive eating, honoring hunger and fullness. This is our goal!!

Example 2: This person began eating at 6 – not hungry. Consequently, they ate until 8 – past the point of being comfortably full.

Example 3: This person waited until they were 2 – very preoccupied with hunger. And then ate to 9 – uncomfortably full. Waiting to eat until you are overly hungry often leads to overeating. When we deprive our bodies during dieting, overeating frequently follows.
<table>
<thead>
<tr>
<th>Let group respond.</th>
<th><strong>OYOL Discussion and Journaling</strong></th>
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|  | Look at your OYOL assignment where you recorded eating experiences in your journal.  
  * What were you feeling when you started eating?  
  * What were you feeling when you stopped eating?  
  * Did you see any patterns?  
  |
|  | Let’s take a few minutes to record in our journals. Think about how you can use the hunger/satiety card. How might it change what you recorded about eating experiences?  
  * (Play some soothing background music and allow about 3 minutes for journaling.*)  
  |

<table>
<thead>
<tr>
<th>Distribute Fitting in Fitness book.</th>
<th><strong>Slide 8: Activity Break – Work Celebrations</strong></th>
</tr>
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</table>
|  | These activities are from page 61 in the *Fitting in Fitness* book. Have a celebration at work as if you were at a grand event.  
  |
|  | 1. **Take a Bow** – While sitting in your chair, reach both arms over your head. Slowly bend at the waist and lower your upper body down onto your lap. Keep arms extended. Hold for 5 seconds. Slowly return to upright. Repeat 4 to 8 times.  
  |
|  | 2. **Standing Ovation** – Stand and extend your arms to your sides at shoulder height. Palms facing in, quickly bring your hands together in front of you and clap. Return arms to their starting position and repeat 10 times.  
  |
|  | 3. **The Wave** – Stand with feet slightly apart. Raise both arms over your head. Lean to the left, bending slightly at the waist. Stop as you feel a slight stretch in your right side. Hold for 10 seconds. Slowly straighten and repeat on the right side.  
  |
|  | These are activities you can do as a stretch break nearly anywhere. Do you think you could get co-workers to join you?  
  |
Slide 7: Fullness Factors

Fullness factors are biological and environmental. Learning to recognize and understand these factors can make it easier to trust your body and feel your fullness.

**Time between meals and snacks** has a direct bearing on the amount of food still in your stomach and, thus, how much food it takes for you to feel full.

**The kind of food** influences fullness. Foods high in protein and fat take longer to digest so you feel full longer. High-fiber foods tend to slow the pace of eating and add bulk. For example, eating an apple takes longer and provides more bulk than drinking a glass of apple juice. What are some foods high in protein and fat? What are some foods high in fiber?

**Social settings** influence amount eaten and speed of eating. Eating with others usually increases the length of a meal. Some people eat more on weekends. Some people eat less in social settings because they feel like someone may be “watching.”

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Slide 8: Respect Fullness

In the last session, we discussed how distracted eating works against internal signals of hunger and fullness. Here are some steps to increase attention to your hunger and fullness.

* Pause for a time-out throughout a meal or snack. Ask yourself
  * Does this food still taste good?
  * Do I want more?
  * Am I still hungry?
  * Have I reached 7 on the hunger/satiety scale?

* Once you have finished eating, see where you are on the fullness scale. Over time, you will be able to identify when to stop eating before you are overfull. Be patient as this takes time.

* Resign from the Clean Plate Club
Distribute 
*Clean Plate Club Membership* cards.

**Slide 9: Clean Plate Club**

How many of you grew up in a clean plate club? How many still belong? Here are membership cards.

It is important to put this concept in perspective. The clean plate message emerged during World War 1 to encourage people to conserve food when there was a limited supply.

The Clean Plate Club reflects the values of its members. These groups promote, praise and reward finishing everything on your plate. Clean plates are associated with the following:

- **Virtue** - you are not wasteful
- **Healthy Nutrition** - you eat all your vegetables
- **Loyalty** - you never miss the family Sunday dinner
- **Love** - you give and receive nurture in the form of food
- **Affirmation** - you make the cook feel good when you eat every last bite

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**Words of Wisdom: WOW**

“My folks made me clean my plate and that was just the thing to do, and even if you don’t like something, you eat it. If you really, really, really don’t like it, you could put something on it and get it down. . . . And then one thing I’m trying to do more in the last few years is get away from the old habit of always cleaning my plate. . . . I think that maybe when you’re full you should quit eating.”

Male, almost 60  
*Let their voices be heard ©*

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**Words of Wisdom: WOW**

“I got really good at hiding the food [I didn’t want to eat]. [I used] the dog, the car, my pocket, the tablecloth.”

Female, 40ish  
*Let their voices be heard ©*

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**Words of Wisdom: WOW**

“[My husband] just hounds [our son] and hounds him until he cleans his plate and I’m thinking, ‘Don’t do that.’ Our son is not skinny. He’s a well-fed child, but I mean that just starts bad habits to where that’s how you get overweight children.”

Female, late 20’s to early 30’s  
*Let their voices be heard ©*
Slide 10: Honor Hunger and Fullness  
Are you ready to resign from the Clean Plate Club? If so, take out your club membership card and tear it in half.

Now, we are going recite a resignation oath. If you are ready to resign, fill your name and date on the card. Please stand and repeat after me:

“I, state your name, do hereby resign from the Clean Plate Club, now and forever more. I will honor my fullness even if it means leaving some food on my plate.”

You can keep your card in your journal as a reminder.

What are some additional methods you can think of to honor hunger and fullness? (Listen to ideas and add these if not mentioned.)

1. **Relax** before and during meals. Concentrate on the pleasure of eating.

2. Practice taking **smaller portions** and eat slowly, enjoying every bite. When eating out, leave food on your plate and ask for a take-home bag.

3. Find ways to **respond** to pressure from others to eat. For example, “Thanks, I’m satisfied. I’ll have some later.”

4. **Address** your own concerns. If you feel guilty leaving food, save it for another meal. If you don’t want to offend the cook, reassure him or her you enjoy the food, while asserting your decision to “just say no” to more food.
Slide 11: On Your Own Learning (OYOL)

Between now and next week:

1. Review your SMART goal(s). Does it need to be revised?
2. At least three times over the next week, assess hunger and fullness on the scale.
3. Record your experiences with the scale in your journal.
4. In preparation for our physical activity lessons later in this series and to reinforce the importance of being physically active, we are going to start a walking assignment. Some time between now and the next session, take one 2-minute walk with this class in mind. Record in your journal the time and location.

Slide 12: Wrap-Up

Thank you for joining our class today. Please complete the evaluations and leave your name tags. We will see you next week.
References and Additional Resources:


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