

## Strategies to manage hunger related symptoms

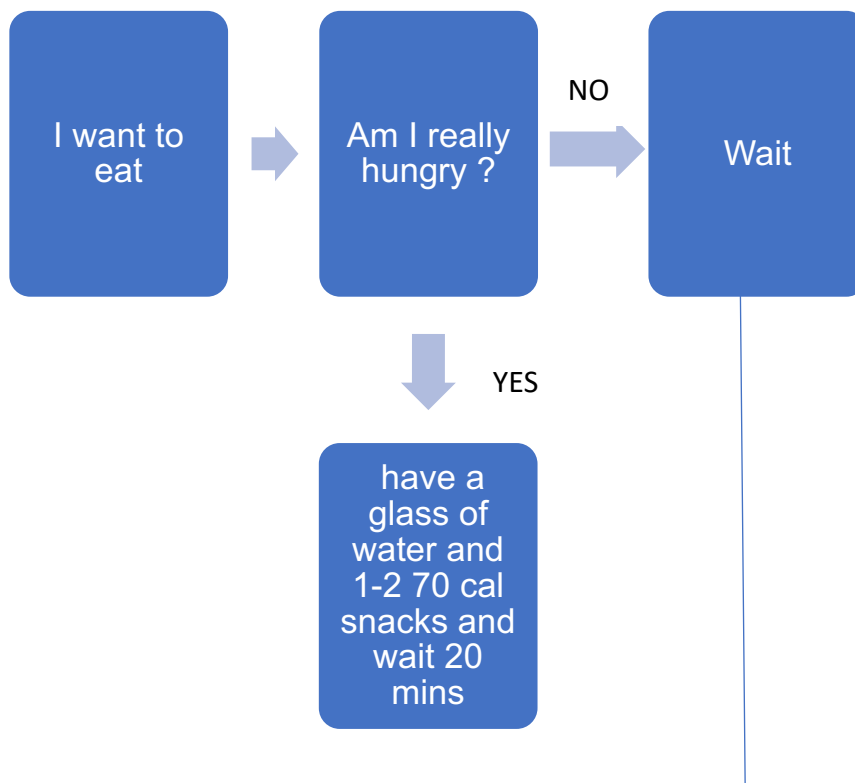
If you feel **dizziness, severe fatigue or nausea**, you may have low blood sugar. Have 1-2 high carbohydrate snacks and a glass of water

Stomach symptoms such as **feeling of emptiness** are common in the first few weeks. Try a bowl of chopped carrots, celery and apple.

If you feel **excessively hungry** use this flowchart to help you choose the right action

Real hunger is difficult to differentiate from a desire to eat. The real test is persistence: does the hunger remain after waiting 20 minutes?

Another useful check is to assess whether the “hunger” was triggered by a visual or olfactory cue (e.g. smelling food cooking or seeing a delicious treat). If yes, try the persistence test (wait 20 minutes).



Am I bored ? - Distract yourself for 30 mins, go for a walk, do chore or listen to music.

Is it close to meal time ? -If yes, try to wait as long as possible. It is ok to Eat your meal early, but beware of the knock on effect as you may feel hungry before your Meal earlier than usual.

Am I eating out of habit ? – This is an opportunity to change. You may have To be prepared to give some things up if your plan Is to succeed.

Am I stressed? – Eating is a very short term stress reliever. Refer to strategies for EAH.