

Aye Can Take The Weight Off

ACTION SHEET

Use the hunger scale below to **rate how hungry you are before and after you eat**.
 The scale is from 1 -10 and you want to stay in the middle (the green part)
 Fill it in every day **for at least 3 days** (and keep going for longer if you can)
 Be honest – this is for your benefit
 If you have access to a printer, print it off and carry it round with you.

The Hunger Scale

01. Physically Faint
02. Ravenous
03. Fairly Hungry
- 04. Slightly Hungry**
- 05. Neutral**
- 06. Pleasantly Satisfied**
07. Full
08. Stuffed
09. Bloating
10. Nauseous

The Hunger Test

When you think you're hungry, especially between meals, test your feelings by slowly **sipping from a glass of water**. If the feeling fades away, then it is more likely you were dehydrated. If you still feel hungry then **EAT** something.

Remember the Aye Can rules.

- ✓ Eat when you're hungry
- ✓ Eat consciously
- ✓ **STOP** before you are full

How hungry am I? (1-10)	First thing in the morning	After breakfast	Mid-morning	Before lunch	After lunch	Mid afternoon	Before Evening meal	After evening meal	Before bed
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									

REMEMBER

Eat when you are hungry, eat consciously, STOP before you are full

Do you notice any patterns to when you overeat?

Start following the rules and notice the difference

AYE CAN Rules explained

When you follow these 3 simple rules, you will change how you eat.

1... EAT when you are hungry

Use the **hunger scale** below to decide when to eat. **Aim to stay in the middle** of the scale. If you end up at either end of the scale then you are either too hungry or too full. If you are too hungry you are likely to bolt the food down and overeat. If you are too full you have already stuffed your face and overeaten!

2... Eat CONSCIOUSLY enjoy every mouthful

TOP TIP! Eat slowly. Put your knife and fork or spoon down in between every mouthful. Put the food down in between bites if you are eating with your hands. This lets your stomach connect to your brain and send the signals that food has arrived. If you stuff the food down quickly your stomach is over full by the time the connection is made and it is too late. Damage done! Slow it down and savour each mouthful. **Enjoy your food.** Eating slowly and consciously will put you in touch with when you are full

3... STOP before you think you are full

Remember you need time for your stomach to connect with what has come in through your mouth. If you are hungry later, always remember you can eat again. We were originally designed to find our food in the wild. Our bodies therefore store food if we don't eat when we are hungry. Nowadays we don't need to hunt for food and there is rarely a shortage of food.

When you adopt this approach you may find you have smaller portions and eat more often. That's fine. Put your hand on your tum and check how it feels. Can you feel it filling up? Then STOP!

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The Hunger Test

When you think about eating especially in between meal times, test your feelings by slowly sipping water. If the feeling fades away, then it is more likely you were dehydrated. If the feeling remains, then EAT something.

Remember the rules.

We avoid banning foods on this programme as most of us kick against being told what to do. The naughty child in us..... What we do ask is that you follow the programme and :

- learn more about sugar in food
- try some of the swaps we suggest and
- use real foods as often as possible

Making these small changes to how you eat will make a HUGE difference