

## Hunger, Cravings and Comfort Eating



Tummy hunger is genuine physical hunger which goes away when you eat. We feel this when we've not eaten for a while or after being active.

Comfort eating is often a way of trying to soothe feelings we don't like, or when we're bored.



Cravings are when we see or think of a food and want to eat it, whether we're hungry or not.

We all tend to eat from a mixture of these, but if we mostly eat in response to comfort eating or cravings, we can still feel hungry or dissatisfied afterwards. We're then also likely to eat more, and there's a risk of often eating beyond full-ness and our weight increasing faster than our height. If you feel hungry and you've already eaten a lot, ask yourself whether you're actually hungry.

Chat with us if you are often having food cravings or comfort eating.



## Being Spontaneous

If you're suddenly hungry and want to eat something, low carbohydrate (carb) options (5g carbs or less) may do the trick. Know which of these you like and have them handy:

- Plain nuts or seeds (a small handful)
- Sugar-free: drinks/jelly/ice pop
- Carrot/pepper/celery/ cucumber sticks, tomatoes, veg kebabs
- An apricot/kiwi/plum/satsuma
- Blueberries or raspberries (a small handful)
- A cracker or breadstick
- Olives/gherkins/pickled onions (try olives & feta)
- A small piece of cheese\* (have you tried 'low fat' versions?)
- Some meat (low fat) /chicken/turkey /fish eg peperami\*
- Egg (do you like scrambled eggs/omelette?)  
\*these are 'sometimes' foods due to fat content

## Diabetes Team

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# Enjoyable Eating with Diabetes

## Part 2 for Teens



## Enjoyable Eating

Food is a big part of our lives. Having Type 1 Diabetes can often put more focus on food. We are here to support you, and to make sure that living with diabetes doesn't stop you having a healthy and peaceful relationship with food.

Your nutritional needs are the same as a young person not living with diabetes. Food also means much more than fuel and nutrients: It is about enjoyment, family time, social and special occasions. Diabetes can fit alongside all of this.

**TOP TIP**

**Be confident in trying new foods, & finding new tastes that you like!**

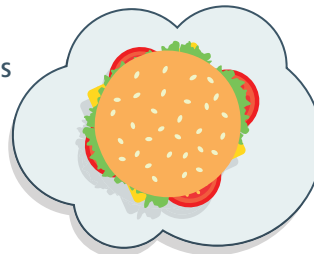
## Let hunger and fullness guide how much you eat

Appetites often vary from day to day, and that's completely normal. Our bodies are able to give us cues to tell us when we are hungry and when we are full.

Carbohydrate (carb) counting is important, and so is knowing how hungry you are. If you can, tune in to your hunger level before carb counting.

If you start eating and realise you are getting full, don't eat beyond the point of fullness. If needed, you could eat or drink something else to make up the carbs within the next hour (when the short acting insulin is peaking).

If you finish eating and realise you are still hungry: fill up on very low carb foods, or carb count extra food and give insulin, or have more and correct later if needed.



## Getting food outside

Whether it's a Subway, McD or other fast food, it's fine to have these from time to time. Thinking ahead makes it much easier. For carb counting, use a phone app (Carbs & Cals, My Fitness Pal), or do an internet search/look up company nutrition info. Plan where and when you can easily take your insulin.

## Body Respect

Healthy bodies can be different shapes and sizes, so try not to compare. Being comfortable with our body really matters. Think about how to be as healthy as possible whatever your body type. Bodies like moving so know how you enjoy being active.

There is a lot of pressure in this society to be slim. But a slim body is not necessarily healthy. Body images promoted by the media & social media are often photo-shopped, giving an unrealistic impression of how people look.

Remember all the fantastic things our bodies do for us all day every day (moving, breathing, feeling, thinking and so much more), rather than focusing just on weight or looks.

