

## **15 REASONS WHY WE GET HUNGRY**

Feeling hungry can be disruptive and frustrating to your long term physical goals. Here are the top reasons why you might be experiencing hunger:

1. **Nutrient Deficiencies:** Food cravings & hunger are linked to nutrient deficiencies.
2. **Not enough Protein:** Protein keeps you feeling fuller for longer.
3. **Not enough Fibre:** Fibre slows down digestion which promotes satiety.
4. **Not enough Healthy Fats:** Healthy fats slow down gastric emptying which help you stay satisfied.
5. **Dehydration:** Dehydration can often be mistaken for hunger.
6. **Sleep Deprivation:** Lack of sleep disrupts hormones that regulate hunger.
7. **High Volume Exercise:** Regular exercise increases caloric needs; this MAY make you feel hungrier.
8. **Stress:** Stress hormones can trigger hunger.
9. **Mindless Eating:** Eating while distracted can lead to overeating.
10. **Food Choices:** Refined carbohydrates like white bread, pastries, and sugary drinks cause blood sugar spikes and crashes, leading to increased hunger.
11. **Alcohol Consumption:** Alcohol can interfere with hunger cues and increase appetite.
12. **Eating too Fast:** Eating too quickly can lead to overeating before feeling full.
13. **Boredom or Emotional Eating:** Identify emotional triggers for unhealthy eating habits and find alternative coping mechanisms.
14. **Medical Conditions:** Certain medical conditions like diabetes, thyroid problems, and hormonal imbalances can affect hunger.
15. **Medications:** Some medications can increase appetite as a side effect.

***WHICH 3 DO YOU FEEL IMPACT YOUR HUNGER THE MOST?***