

UNDERSTANDING HUNGER IN THE BODY

Regulation of hunger involves constant communication between our brain and our gastrointestinal tract.

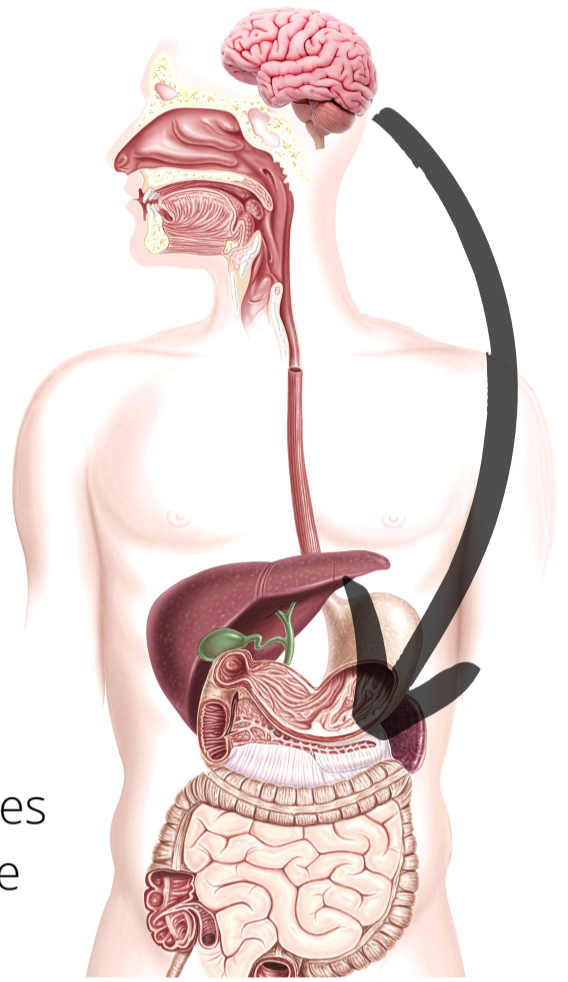
Hunger is regulated by 2 systems in our body:

Short-term System

- regulates hormones
- senses stomach pressure
- triggers hunger and satiety before & after each meal

Long-term System

- regulates hormones
- adjusts food intake and energy expenditure to maintain adequate fat stores in the body



TYPES OF EATING

Hedonic Eating

Eating when it is **not necessary**. It takes place only for the taste and reward properties of the food.

Eating when **it is required** by the body. Eating food in response to an energy need identified by the brain.

Homeostatic Eating

WHAT MOTIVATES US TO EAT?



Hunger



Stress



Pleasure



Boredom



Visual Cues



Emotions