

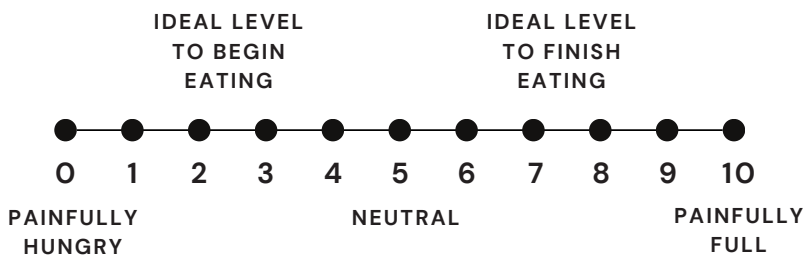
BREEZY BITES

OCTOBER 2024

HUNGER/FULLNESS

This month we continue our discussion on the nutrition framework called Intuitive Eating. As a reminder, Intuitive Eating is comprised of 10 Principles that work together to help us have a healthy relationship with food. This month we will focus on 2 principles that work together to help you regulate food intake: Honor Your Hunger & Feel Your Fullness.

Our bodies have built-in signaling to tell you it is time to eat a meal or snack: stomach rumbling, light-headedness, difficulty focusing, irritability, and/or low energy are common examples of hunger signals. In contrast, body signals to indicate fullness are more subtle: you should feel satisfied and content but not stuffed and bloated. It can be helpful to think of hunger/fullness on a scale of 0-10. To improve your ability to tune-in to your body's signals, use the scale below to assess where you are on the hunger/fullness scale before eating & again after eating. The more you practice rating your hunger/fullness, the better you will get at Honoring your Hunger & stopping when you Feel your Fullness.



For more information about Intuitive Eating & the authors, you can visit <https://www.intuitiveeating.org/>

HOMEMADE APPLESAUCE

INGREDIENTS

- 4 apples
- 1/4 cup water
- 1/4 teaspoon ground cinnamon
- optional sweeteners:
brown sugar, honey, maple syrup

DIRECTIONS

1. Peel, core, and chop & apples into smaller pieces.
2. Place apples, water & cinnamon in a saucepan. Cover and cook until the apples are soft, about 15-20 minutes. Add more water if the mixture seems too thick or dry.
3. Use a fork or potato masher to mash the mixture to the texture you like. If you like a smooth applesauce, you can put the mixture into a blender or food processor and puree.
4. If you'd like some additional sweetness, add it now. Start with a teaspoon and add more to taste.



SC SEASONAL PRODUCE

Apples	Okra
Beans	Peas
Beets	Peppers
Broccoli	Radishes
Green onions	Yellow squash
Leeks	Sweet potato
Mixed greens	Watermelon
Muscadine grapes	Zucchini

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KAYLA WELCH, MS, RD, LDN

Registered Dietitian
kwelch3@coastal.edu