



**Are you hungry?
Or are you simply craving food?**

Learn the signs and symptoms to avoid overeating.

HUNGER



Desire for
ANY type of food



Causes headaches,
feelings of weakness



Occurs when you
haven't eaten for
several hours



Doesn't pass with time



Comes on gradually

CRAVING



Desire for a
SPECIFIC food



Tied to emotions like
boredom or loneliness



Occurs even after
you've eaten and
are full



Will pass with time



Comes on suddenly