

Food and Fitness

Identifying Hunger Signs



The holidays are officially here, and often holidays are known for over eating and eating too many foods that are high in calories and low in nutritional value. Everywhere you look or go, there are appealing sweet treats and comfort foods that brings out a warm familiar embrace. The mere presence of all the foods make them easy to snack on. Snacking too much on these foods will add a few extra holiday pounds to our belt line just like good ol' Saint Nick.

Now, don't get me wrong, these foods are important for a few reasons like preserving family tradition and nostalgia. The problem that most face during this time of year is that with abundant amounts of holiday foods all around, we are eating when we are not even hungry, and that is a major contributor to weight gain.

So what is hunger, and what are the signs to know if I am actually hungry? According to the Food and Agriculture Organization of the United Nations, hunger is an uncomfortable or painful physical sensation caused by insufficient consumption of dietary energy. When you are actually hungry, your body creates signs that help to identify if it is true hunger. It is often suggested to do a 20 minute trick to see if it is a craving or hunger. You set a timer for 20 minutes and do an activity that occupies your time. If you can focus on the activity, it is likely a craving.

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Identifying Hunger Signs

The signs of hunger can come in many different forms. On page 3, the Hunger-Fullness scale shows a great representation of the range of being hungry versus being full.

Hunger is something we all have experienced. Some may have even experienced unpleasant hunger that comes from waiting too long to eat. We really want to catch hunger in the pleasant form.

Pleasant hunger signs:

- Thinking about eating
- Growling in the stomach
- Subtle hungry feeling
- Increase in salivation when around or thinking about food

Unpleasant hunger signs:

- Feeling very hungry
- Stomach pain or aching
- Feeling fatigue, weak, or tired
- Emotional changes
- Difficulty concentrating
- Feeling faint

During the holidays, we need to remind ourselves that foods high in calories and fat are all around us. Eating these foods are a big part of celebrating the holidays, so trying not to eat too much and reserving the foods for when your are actually hungry can keep the holidays festive and keep the pounds at bay.

THE 5 TYPES OF HUNGER

how to identify

	am I hungry?	what's the cause?
1	BIOLOGICAL HUNGER	negative energy balance
2	REBOUND HUNGER	prolonged negative energy balance
4	PRACTICAL HUNGER	your schedule
3	EMOTIONAL HUNGER	a heightened emotional trigger
5	TASTE HUNGER	food being available

Hunger-Fullness Scale

Use this when you want to get in touch with your hunger cues.

▶ TOO HUNGRY

- 0** Painfully hungry: starving, going to pass out, nauseous, a feeling of urgency
- 1** Too hungry: ravenous, irritable, anxious, not in pain yet

▶ HUNGRY

- 2** Very hungry: ready for a big meal
- 3** Hungry: no sense of urgency, but ready to eat
- 4** Lightly hungry: could eat a snack

▶ NEUTRAL

- 5** Neutral: neither hungry nor full

▶ FULLNESS ZONE

- 6** Beginning to feel full: still have some room for dessert
- 7** Comfortably full: satisfied, a feeling of well-being
- 8** Slightly uncomfortably full: ready to unbutton your pants

▶ TOO FULL

- 9** Uncomfortably full: Feeling stuffed
- 10** Overfull: stuffed to the point of pain or nauseousness



Fruit—Strawberry

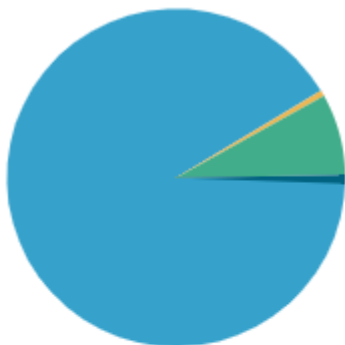
Strawberries are one of the most popular fruits. They are a favorite for many people. Strawberries are often eaten fresh, in desserts, and in preserves.

The strawberry comes from a flowering plant that is in the rose family. Strawberries are grown all over the world. Strawberries are perennial plants, meaning they come back every year, generally lasting about 5 to 6 years if cared for properly. Some strawberry plants produce runner plants (often referred to as daughters) which are suggested to be cut off so the mother plant will produce more fruit.

According to Britannica, the strawberry is not a true berry. It is actually considered to be an accessory fruit, meaning they contain tissue from parts of the plant other than the ovary and they do not split open to release seeds when they mature.

Strawberries are known to be rich in vitamin C. One cup of strawberries contain over 100% of most peoples daily needs of vitamin C. They also contain other vitamins such as folate and vitamin B6. As for minerals, the strawberry has manganese, copper, potassium, and magnesium.

WHAT IS THIS FOOD MADE OF?



- 91.3% Water 15g
- 0.7% Protein 1g
- 7.7% Carbs 12.7g
- 0.3% Fat 0.5g
- 0% Alcohol 0g

WHERE DO THE CALORIES COME FROM?



- 8% Protein
- 84% Carbs
- 8% Fat
- 0% Alcohol

Minerals

	-- = missing data	%DV
Weight	166g	
Calcium	26.6mg	2%
Iron, Fe	0.68mg	4%
Potassium, K	254mg	5%
Magnesium	21.6mg	5%
Phosphorus, P	39.8mg	3%
Sodium	1.7mg	0%
Zinc, Zn	0.23mg	2%
Copper, Cu	0.08mg	9%
Manganese	0.64mg	28%
Selenium, Se	0.66mcg	1%
Fluoride, F	7.3mcg	0%

Nutrition Facts

Strawberries

Strawberries, raw

Serving Size:

1 × 1 cup, sliced (166g) ▾



Nutrition Facts

Serving Size

1 cup, sliced (166g)

Calories 53

% Daily Value *

Total Fat 0.5g	1%
Saturated Fat 0.02g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.7mg	0%
Total Carbohydrate 12.7g	5%
Dietary Fiber 3.3g	12%
Total Sugars 8.1g	16%
Includes --g Added Sugars	--%
Protein 1.1g	2%
Vitamin C 97.6mg	108%
Vitamin D 0mcg	0%
Iron 0.68mg	4%
Calcium 26.6mg	2%
Potassium 254mg	5%
Phosphorus 39.8mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

	-- = missing data	%DV
Weight	166g	
Vitamin A, RAE	1.7mcg	0%
Vitamin C	97.6mg	108%
Thiamin (B1)	0.04mg	3%
Riboflavin (B2)	0.04mg	3%
Niacin (B3)	0.64mg	4%
Vitamin B5 (PA)	0.21mg	4%
Vitamin B6	0.08mg	5%
Biotin	--mcg	
Folate (B9)	39.8mcg	10%
Folic acid	0mcg	0%
Food Folate	39.8mcg	10%
Folate DFE	39.8mcg	10%
Choline	9.5mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	11.6mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	19.9IU	
Lycopene	0mcg	
Lut + Zeaxanthin	43.2mcg	
Vitamin E	0.48mg	3%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	3.7mcg	3%

Recipe—Strawberry Agua Fresca (Strawberry Water)

Ingredients

- 1 pound strawberries, hulled
- 4 cup ice-cold water, divided
- 1/8 teaspoon vanilla extract
- 2 tablespoons fresh lemon juice
- 2 tablespoons simple syrup
- Ice, for serving



Recipe Received From: [Strawberry Agua Fresca // Strawberry Water - Umami Girl](#)

Instructions

1. In a blender, combine the strawberries with 2 cups of the water, the vanilla extract, lemon juice, and simple syrup.
2. Puree until completely liquid. Strain the mixture through a fine-mesh sieve or through cheesecloth into a pitcher.
3. Stir in the remaining 2 cups water.
4. Chill completely. Pour into ice-filled glasses and serve.

Brain Exercise

Don't Just Exercise your body — workout your brain!

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

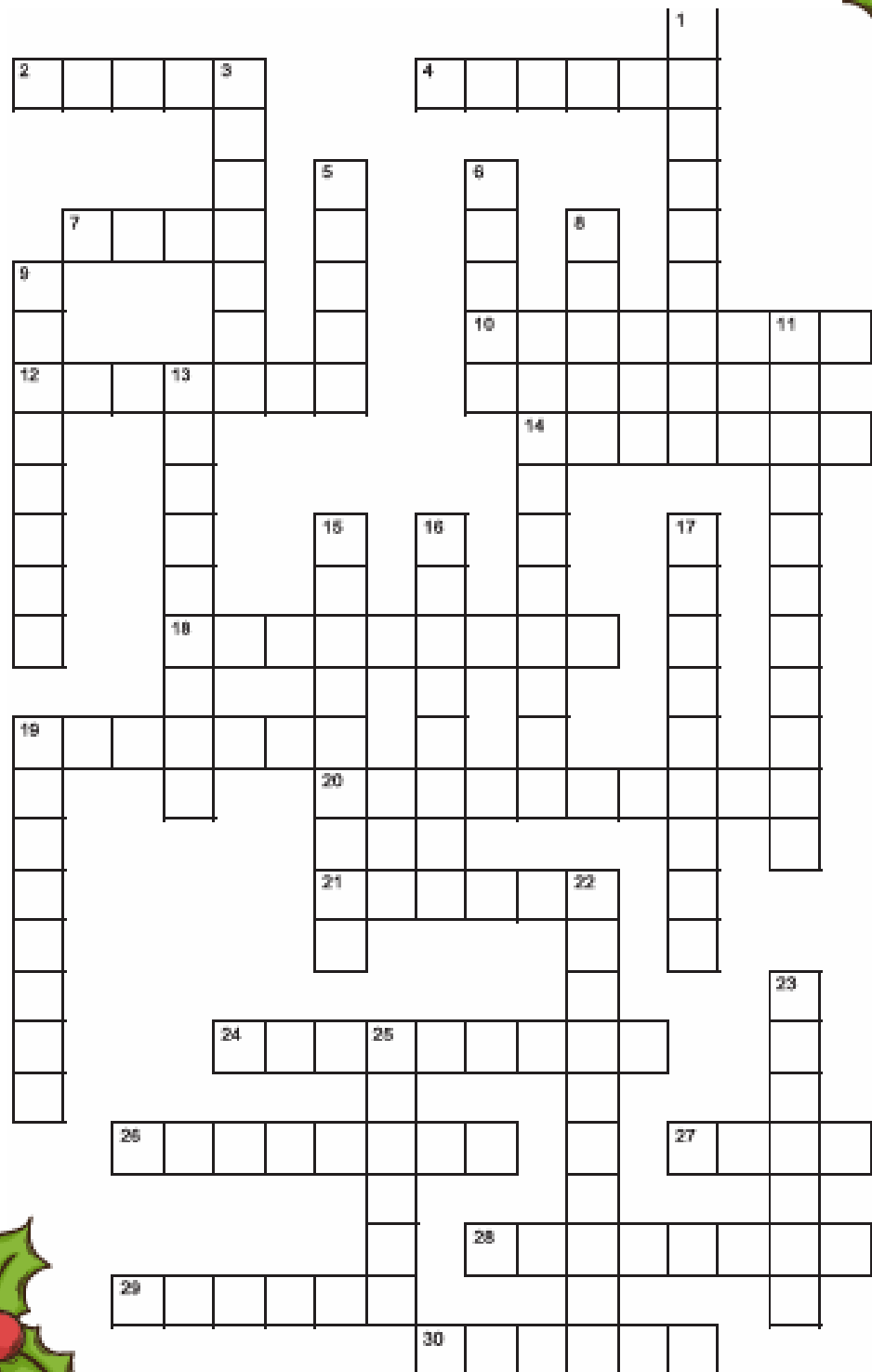
11 Letter Word

GINGERBREAD

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.



December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>National Cookie Cutter Day</i>	2 <i>National Fritters Day</i>	3 <i>Make a Gift Day</i>	4 <i>National Cookie Day</i>	5 <i>World Soil Day</i>	6 <i>Mitten Tree Day</i>	7 <i>Pearl Harbor Day</i>
8 <i>National Brownie Day</i>	9 <i>National Pastry Day</i>	10 <i>Nobel Prize Day</i>	11 <i>National App Day</i>	12 <i>Ginger- bread House Day</i>	13 <i>National Cocoa Day</i>	14 <i>Roast Chestnuts Day</i>
15 <i>National Lemon Cupcake Day</i>	16 <i>National Chocolate Covered Anything Day</i>	17 <i>National Maple Syrup Day</i>	18 <i>Bake Cookies Day</i>	19 <i>Oatmeal Muffin Day</i>	20 <i>Go Caroling Day</i>	21 <i>Crossword Puzzle Day</i>
22 <i>National Date Nut Bread Day</i>	23 <i>Roots Day</i>	24 <i>National Eggnog Day</i>	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 <i>National Fruitcake Day</i>	28 <i>Card Play- ing Day</i>
29 <i>Pepper Pot Day</i>	30 <i>Bacon Day</i>	31 <i>New Year's Eve</i>				

MONTHLY OBSERVATIONS

- Bingo Month
- National Fruitcake Month
- Safe Toys and Gifts Month
- World Food Safety Month
- Write a Friend Month





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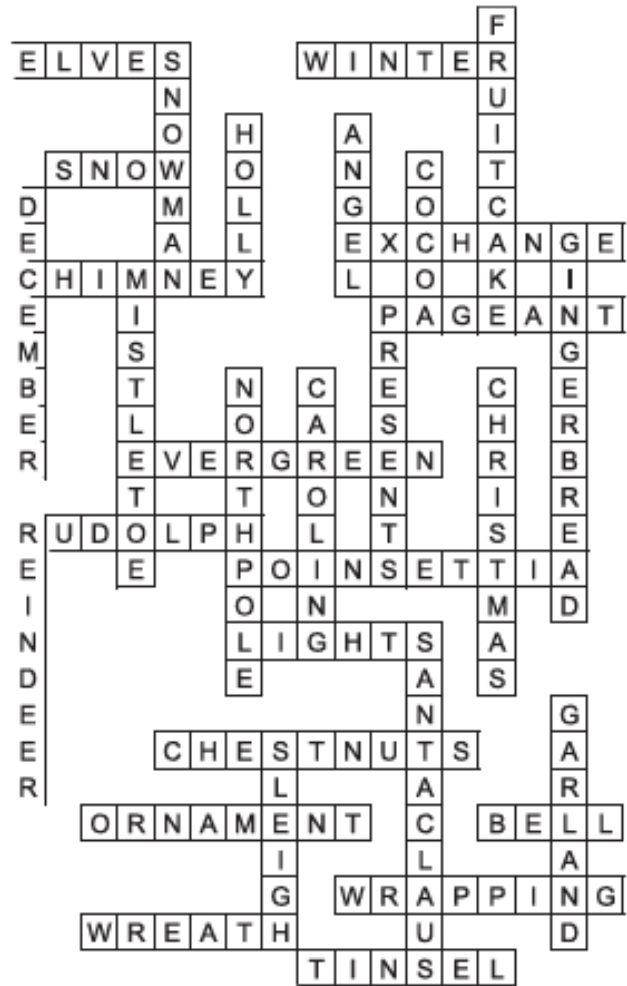
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Christmas Joy

Crossword Fill In

SOLUTION

This newsletter is created by Kathrine J. Clark, MS, RD, LD,
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