

## Making the **PERFECT MATCH** for belly hunger.

One of the ways we get stuck in our eating is when we don't get exactly what we are really wanting to eat, what our belly is really hungry for. If we don't make a *perfect match* we will find ourselves grazing for long periods of time, sort of foraging, looking for the food our body is wanting. **If we choose to eat a food that is not a perfect match we usually end up eating “around the food we are wanting”, and sometimes we eat around it all day, feeling very dissatisfied.**

**In order to make the perfect match all foods must first be accessible, AND Normalized-Legalized foods, in other words there should be NO forbidden foods (see [Normalizing-Legalizing Foods](#)).** In your mind if you believe some foods are “special” or “forbidden” you will crave them even more, they “beckon” you, as Geneen Roth puts it so well. Do you ever over eat celery? Of course not, it is not forbidden or a special food in your mind like sweets or fatty foods.

**Keep Reminding yourself** (this calms you down around the need to eat certain foods)...*I can eat that food 100,000 times in my life time, I no longer have forbidden foods or special foods in my life. Now does my belly want that food and how much will feel good in my belly?*

Once you have normalized and legalized all foods in your mind and daily practice, then you are at liberty to begin the process of determining what your body really wants by asking what food type you want and then what specific food. Use the tables below and the [Eating Flow Chart](#) and go through the process of elimination to get the food your body is needing.

Be sure to make the distinction between mouth/mind hunger and belly hunger to make the perfect match. The mouth wants the same thing over and over, the belly is more distinguishing and has cravings that have to do with the nutrients we need in food based on our current biochemical status.

Ask yourself the following when you think you might be hungry:

***What Type of food do I feel my belly wants?***

You will find this as a reminder in the [Eating Flow Chart](#) as well.

FOOD TYPE	
hot/cold spicy/mild crunchy/soft salty/sweet	colored/white creamy/chunky hearty/light

**Touch the belly and imagine that food in your belly**, pause a minute to make the distinction between Belly hunger and Mouth/Mind hunger.



After you are clear about **what type** of food your belly is wanting go on to determine further what is a perfect match.

Lets say you want something “cold, mild, crunchy, colored, spicy and light”. One day after touching my belly and closing my eyes, I determined that is what I wanted. But because I had dieted for so many years, eating salads when I didn’t want them, it took me awhile to figure out my body was wanting a salad with a spicy dressing. I had to use these charts all the time in the beginning to re-connect with my belly and the variety of foods I could select from.

Then ask yourself have I had enough variety lately, are there foods I am forgetting about? Are there any foods in the various food categories (below) that might be a perfect match for my belly hunger?

Image various types of preparation, like how restaurants would make the foods, and see if that is a perfect match. Make the food or purchase it as close to what you determined would feel good in the belly. Use the [Eating Flow Chart](#) and practice [Conscious Eating](#).

**Note:**

USDA servings are listed (in parenthesis) but **your belly hunger, fullness and body directed cravings must determine this.**

FOOD GROUPS						
STARCH (6-11)	VEGETABLES (3-5)	FRUIT (2-4)	DAIRY (2-3)	FATS	MEATS (2-3)	LIQUIDS (8-10 glasses of water daily)
grains breads pasta beans turnips rolls tortillas pita bread corn potato pita muffins	avocado bean sprouts broccoli Brussels sprouts cabbage carrots cucumbers green beans cauliflower leafy greens mushrooms tomatoes squash	cantaloupe grapes grapefruit oranges peaches pears strawberry dried fruit	milks yogurt cheeses pudding ice cream	fats/oils nuts avocado butter	chicken/eggs beef/veal seafood pork/lamb	water juices sodas
					<b>MEAT ALT.</b> grains + beans/peas nuts/seeds soy products	<b>OTHER</b> sweets chips condiments sauces

**Ask yourself:** Am I often eating the same food or food type? Remember, the body doesn't tend to crave the same foods for long. Are there other reasons I might crave this food? See [Normalizing-legalizing Foods](#) or [Other Hungers](#).

**Try new foods often** (just a bite to get started):

Have you been trying completely new foods regularly so you can give your belly more options to choose from over time because you are familiar with more and more?