

Principle 5: Feel Your Fullness

“Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you’re comfortably full. Pause in the middle of eating and ask yourself how the food tastes and what your current hunger level is”

(Tribole and Resch, 2025)



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

Think of messages you may have received when you were a child related to when to stop eating (for example, finish everything on your plate, finish your vegetables, not finishing food is wasteful, food insecurity, etc.)



Recognizing comfortable satiety

“A substantive
feeling of stomach
contentedness.
Feeling satisfied.
Pleasant
completeness.

The sensation is
highly individual”

(Tribole and Resch,
2020).



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

Conscious-awareness eating



Observe your eating: pause in the middle of a meal or snack for a time-out (taste check, satiety check).



When you finish eating, ask yourself where your fullness level is now. Pleasant, unpleasant, or neutral?



Discovering your fullness level will help you identify your last few bites threshold (realizing that you are just a few bites away from fullness).



Don't feel obligated to leave food on your plate.

Summarized from *Intuitive Eating*, 4th edition. *Tribole and Resch, 2020*



CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

How to increase awareness



1

Eat without distraction.

2

Reinforce your conscious decision to stop (putting away or taking home leftovers).

3

Defend yourself from obligatory eating (practice saying “No, thank you!”)

Summarized from *Intuitive Eating*, 4th edition. *Tribole and Resch*, 2020

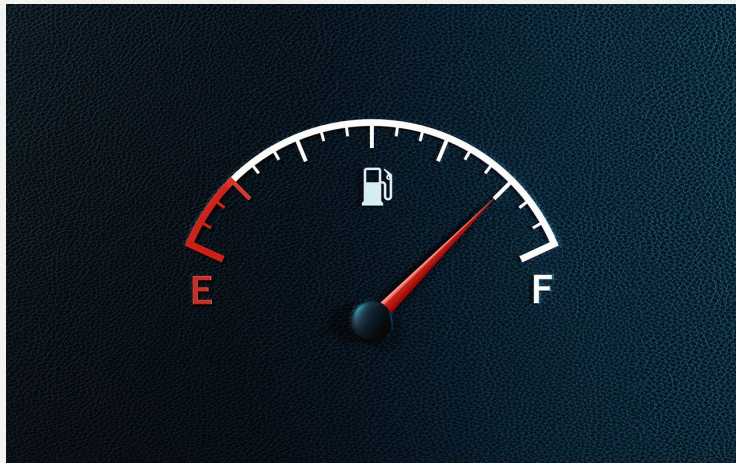


CAL POLY

Counseling &
Psychological Services

CAMPUS HEALTH & WELLBEING

The fullness factors



The amount of time that has passed since the last time you ate.

The kind of food you eat.

The amount of food still remaining in the stomach at the time of eating.

Initial hunger level.

Social influence (if you tend to ignore or be distracted from biological signals).

Be aware of foods that might initially make you feel full but the fullness doesn't last long.

Summarized from *Intuitive Eating*, 4th edition. *Tribole and Resch, 2020*

What if I can't stop eating?

You might be using food as a coping mechanism.

“A history of food insecurity, which is a form of trauma, is also related to binge eating” (Tribole and Resch, 2020).

