

How to Know if Your Preferences are Changing

- You like the way you feel when you stop at moderate fullness.
- You find yourself saying, “No thanks, I don’t really want any more, and meaning it.”
- You don’t feel so great when you go past moderate fullness.
- You no longer like the feeling of being overfull, and certainly not getting stuffed.
- You find yourself thinking, I would have been satisfied without the chips, extra bread, second serving, additional slice, etc.
- You find yourself thinking that more of a certain food would taste good, but it wouldn’t feel good.
- You find yourself saying, “It used to take a lot more food for me to feel satisfied.”
- You find yourself stopping after a small amount of treat food and giving or throwing away the rest because you have satisfied your craving and you don’t want to eat the rest just because it is there.
- You find it easier to be around treat foods without always deciding to have some and without always eating until the food is gone.