

# 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 | <b>BIOLOGICAL HUNGER</b> | negative energy balance           |
| 2 | <b>REBOUND HUNGER</b>    | prolonged negative energy balance |
| 4 | <b>PRACTICAL HUNGER</b>  | your schedule                     |
| 3 | <b>EMOTIONAL HUNGER</b>  | a heightened emotional trigger    |
| 5 | <b>TASTE HUNGER</b>      | 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

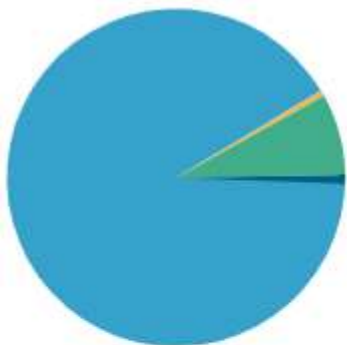
Strawberries are one of the most popular fruits. They are a favorite for many people. Strawberries are often eaten fresh, in desserts, and in preserves.

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 151g
- 0.7% Protein 1.1g
- 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



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

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### 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

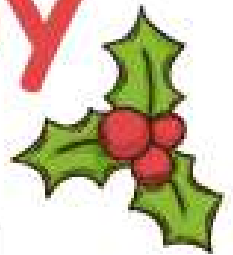
10 Letter Words

POINSETTIA  
SANTA CLAUS

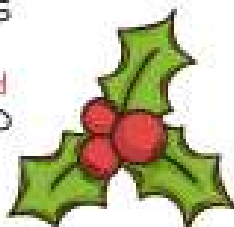
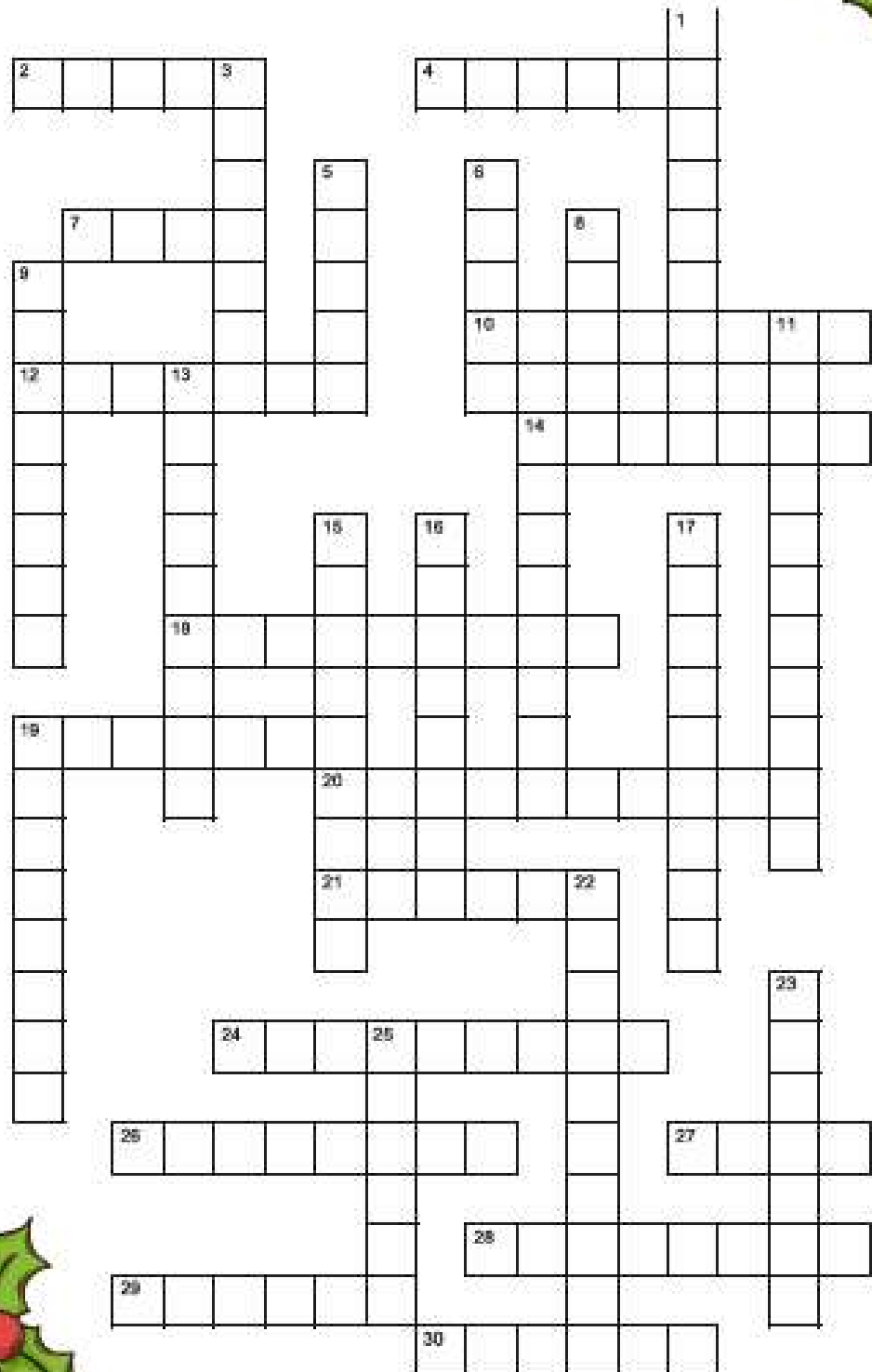
11 Letter Word

GINGERBREAD

# Christmas Joy



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



# December 2025

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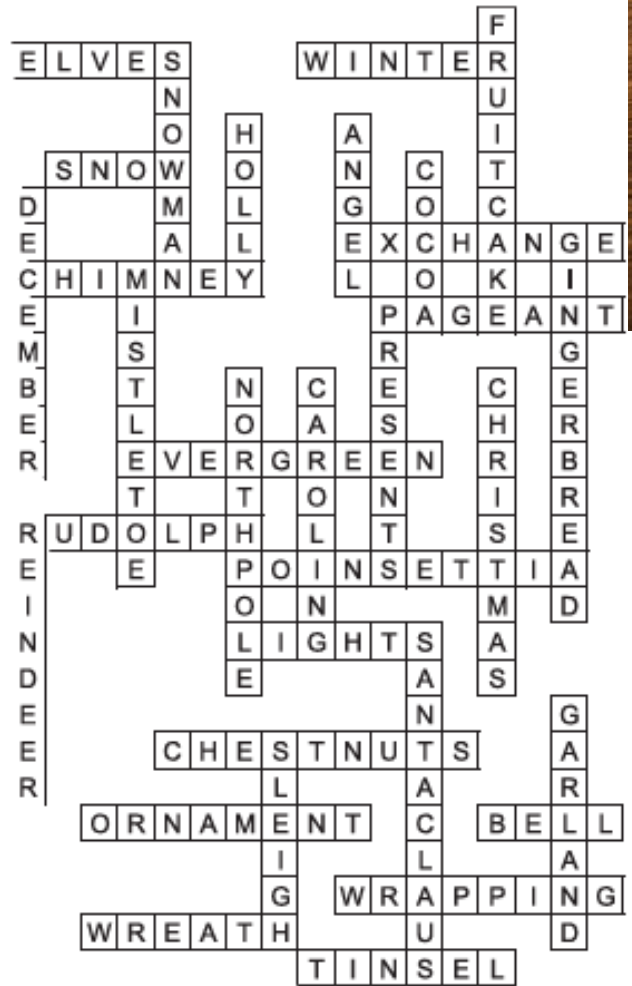
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# Christmas Joy

Crossword Fill In

**SOLUTION**

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