

COMPLIMENTARY BEAT THE BINGE QUICK GUIDE



2025

WHO WE ARE

Kinsey Wellness & Communications (KWC), a certified LGBTBE® company, is the result of Founder, Dalia Kinsey's mission to spread joy, reduce suffering, and eliminate health disparities in marginalized communities.

We empower people to use nutrition and wellness as self-care tools by creating tailored programs that allow them to reclaim their well-being.

While KWC works with all people regardless of their identities, we are uniquely dedicated to amplifying the health and happiness of BIPOC (Black, Indigenous, and People of Color) and LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual/ aromantic/ agender) folks.



Dalia Kinsey, RD, LD
Founder

Dalia Kinsey is a Registered Dietitian, host of the [Body Liberation for All](#) podcast, and author of [Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation](#). Dalia speaks, leads workshops and provides tailored coaching programs.

BEAT THE BINGE: DECODING YOUR HUNGER



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YOU'VE DECIDED

You already know that dieting doesn't work. You've decided to get out of the yo-yo dieting game. You are committed to letting your body lead you, but there's one small problem. You have no idea how to tell if you are hungry.

In this quick guide you'll learn the different ways that hunger shows up, how to tell physical hunger from emotional hunger, and how to identify and calm your deepest cravings.

**How do you
listen to your
body when you
can't tell what
it's saying?**

Eating Well without Dieting

The body self-regulates. Once you learn to understand your hunger cues, nourishing yourself is easy.

The body communicates hunger and satiety through pleasure and comfort. Learning to follow your body's lead is a joyful process that takes the stress and complication out of eating.

Eating when hungry and stopping when satisfied is something almost all mammals do from birth. You used to know how to do this. All you need is to reclaim this skill. Let's start with the tricky part, not all feelings of hunger are related to a need for food.



Feelings of hunger can mean lots of things

Low Blood Sugar

**Irritation of the
stomach Boredom**

Loneliness

Need for distraction

Tiredness

Thirst

You just saw food

Need for celebration

Need for comfort

Desired for numbness

Need for fuel

Need for nutrients





Eating for reasons aside from physical hunger is natural. Eating when you aren't hungry only becomes problematic when it is chronic.

If you have an unfilled desire that continually masquerades as physical hunger the kindest thing to do for yourself is to feed the true need.

Use the "what are you hungry for" guide for clues to figure out how physical hunger shows up in your body.

When you eat in the absence of physical hunger, no amount of food can satisfy you.

Once you are clear on the differences between physical and emotional hunger, take a few moments to identify some of your non-food cravings. Look at the list and check off the items that resonate with you as quickly as possible. Don't overthink this activity. Go with your gut and mark what feels right.

WHAT ARE YOU HUNGRY FOR?

Emotional Hunger

Comes on suddenly

Specific texture desired

Specific food desired

You eat until uncomfortably full

Accompanied by restlessness

Desire for food doesn't fade

Physical Hunger

Not painful or unpleasant

Ebbs and flows

Can be satisfied by a variety of foods Not specific to one texture

Desire for food fades as you eat

Doesn't feel like an emergency

NON-FOOD NEEDS

- Community
- Deep Connection
- Feeling Understood
- Laughter
- A Goal to Work toward
- Security (Financial or Emotional)
- Flexibility
- Time Alone
- Autonomy
- Unstructured Time
- Structure
- Sleep
- Spiritual Practice
- Adventure
- Creative Outlet
- Movement
- Time in Nature
- Being of Service



Hunger ebbs and flows. If you don't eat when you are first sent a hunger signal (often felt in the stomach), the hunger will temporarily subside. You are sent hunger cues in waves. If you continue to ignore them that is when you start feeling lightheaded and cranky.

In contrast, when you are hit with emotional hunger it's intense and sudden. When you are emotionally hungry you are more likely to have a specific craving.

There are rare exceptions to this rule. If you have a medical condition that affects your diet, you might have uniquely intense cues and should work directly with a physician or Registered Dietitian that specializes in managing your particular health condition as you move forward on your body led eating journey.

KEYS TO BODY LED EATING

Relax before you start eating, and then eat slowly.

No matter what your parents taught you, you don't have to clean your plate.

Your appetite is a strong body signal. And part of keeping your body at that "satisfied" level on the hunger scale is eating tastes that you like and want.



STOP THINKING IN TERMS OF WHAT YOU SHOULD DO AND FOCUS ON WHAT YOU ACTUALLY WANT

Remember it took years for you to develop your current habits. Be patient with yourself. You can do this!

If you want to accelerate your growth and move through this process with more ease schedule your first appointment for 1:1 nutrition counseling.

LEARN MORE



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