

Eat these foods when you are hungry, no matter how sick you are

When hungry, your need to eat will increase and often have the idea of 'eating something' in your home. However, this is an extremely harmful habit for you.

Every day when hungry, our eating needs will increase. We often have a habit of starving in the house, we will "eat" that thing without knowing whether the food is good for eating when hungry? There are very healthy foods, but when we eat when we are hungry it has the opposite effect on your health. So, when hungry, we should consider before eating some of the foods below, otherwise we will bring the disease into our bodies.

1. The most obvious signs of diabetes
2. 3 times gold should eat yogurt is better than taking supplements

1. Milk and soy milk



These are two foods that contain very high protein and vitamins. But if we use it as a drink when the stomach is hungry, it doesn't work for you. Because the protein at this time does not properly play its nutritional role, making the hunger not only be soothing but also makes your abdomen feel better.

If you want to use milk when you're hungry, it's best to eat it with a bit of bread or other flour-based foods. Morning is when your body will be best absorbed, so use bread and milk to have breakfast, or you can use it after 2 hours of lunch and before going to bed.

2. Yogurt



As we all know yogurt is an extremely healthy food for everyone. Nutritional value in yogurt is high, however, if we use it at the wrong time, it is not only beneficial but also counterproductive, affecting health. Eating yogurt when hungry is an unscientific job and can affect the stomach.

3. Drink alcohol on hunger



One thing that is most noticeable is that it is easy to get drunk when you're hungry, which increases your risk of stomach pain. Also, when hungry, drink alcohol, leading to low blood sugar. At that time, dizziness may occur, the sweat was cold, cold and hungry. In particular, if the amount of sugar in the body is too low, it will lead to coma.

4. Drink tea



Although green tea is very beneficial for health and is known for many uses such as cancer prevention, slowing down the aging process, preventing tooth decay. However, if you take it when you are hungry, you have a higher risk of stomach problems, reduced digestive system, and a gnawing intestine.

Especially when you are hungry to drink in large amounts will make you "drunk" with dizziness, limp limbs, constant contractions in the stomach and make you feel hungry.

5. Types of cold foods



If cold foods are used in the summer, then there is nothing great, but when hungry, we use these cold foods to make our stomachs feel cold, abdominal pain, and internal dysfunction. It is especially harmful for women who are in menstrual period because it will increase your abdominal pain.

6. Sugar, sugar-containing foods



Sugar is a very good food for the digestive system, making it easier for the body to absorb food. However, with a stomach that is yawning because of hunger, we eat sugar to make the blood sugar rise so you will suffer from insomnia, besides some unhealthy diseases .

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