

# HUNGER AND FULLNESS SCALE

TOO HUNGRY	1	Headache, nausea, irritable, so hungry you are weak or dizzy
	2	Lightheaded, shaky, loss of focus, unable to concentrate, extremely hungry, feeling irritable, lots of stomach growling
HUNGRY	3	Hunger pangs, stomach growling, less famished, hungry enough for occasional stomach growling
	4	Empty stomach, thoughts drift to food, mildly hungry, not as much urgency
NEUTRAL	5	Growling gone, not yet satisfied
	6	Filling up but still comfortable can sense food in stomach, could eat more to be satisfied
SATISFIED	7	Pace of everything slows, satisfied, sense of well-being, if you eat any more you might be uncomfortable, hunger is gone,
	8	Stomach comfortably full
TOO FULL	9	Uncomfortably full, stomach stretched, thanksgiving full,
	10	Painfully full, nauseated

**How to use the scale:** Ideally, you should start eating at a 3 or 4 and check in with yourself at a 6 or 7.

**When you reach 3 or 4...**

Aim to start eating when you reach a 3-4. This may make it easier to thoughtfully choose what you'd like to eat and eat until you are satisfied, rather than overly stuffed. Keeping nutritious snacks available, especially while running errands, can help hold you over until your next meal if necessary.

**When you reach 6 or 7...**

Once you reach a 6, you will be just about satisfied. Within 15-20 minutes, you will likely be at a 7, full but not uncomfortable. To make this a bit easier, check in with your hunger cues before and/or during meals and snacks, and take your time while eating by engaging all your senses. Savor your food! And if the numbers feel overwhelming for you, drop them and just focus on the uncomfortable/comfortable feelings associated with hunger and fullness.