

## USING A HUNGER / FULLNESS SCALE

1	2	3	4	5	6	7	8	9	10
Famished	Extremely Hungry	Hungry	Slightly Hungry	Neutral	Slightly Satisfied	Satisfied	Full	Stuffed	Extremely Stuffed

### *How you might FEEL in each of the stages above*

- 1. Famished: I feel lightheaded and hangry (that angry feeling when I am overly hungry)*
- 2. Extremely hungry: My stomach feels empty and I feel so hungry I could eat anything*
- 3. Hungry: My stomach is growling and I feel like I don't have any energy*
- 4. Slightly Hungry: I feel like I could eat but I will be ok if I don't eat*
- 5. Neutral: I do not feel hungry or full*
- 6. Slightly Satisfied: I am feeling almost full but not satisfied*
- 7. Satisfied: I feel I ate the right amount to feel comfortable; I feel satisfied and content*
- 8. Full: I feel slightly full*
- 9. Stuffed: I feel too full and bloated; my clothes feel tight*
- 10. Extremely Stuffed: I feel ill and nauseous; my stomach feels distended and painful*

There are many ideas about hunger and fullness, and several versions of what is typically called a “hunger scale”. It is really more accurate to call it a “**Hunger and Fullness Scale**”, as its purpose is to

- help you identify what your body is feeling before, during and after eating; and
- help you think mindfully about when to eat and when to stop eating.

Once you have used this scale for a few days to learn your body’s signals, **start** eating when you feel between 3 and 4, and **stop** eating when you feel between a 7 and 8.

