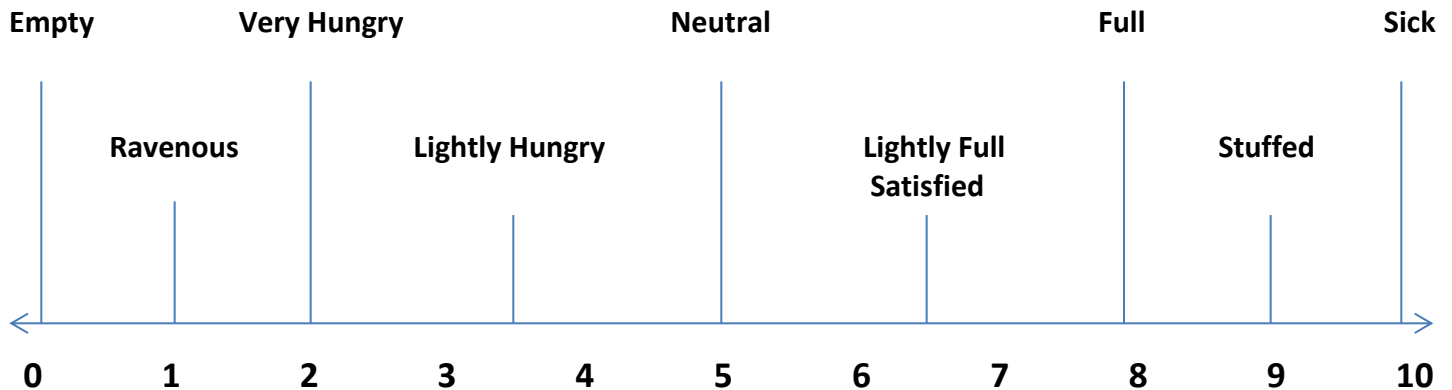


Hunger & Fullness Scale



The hunger and fullness scale describes different levels or varying degrees of hunger and fullness. It is a tool that can be used to help you identify how hungry or full you are, or to help you know when to start or stop eating.

5- Neutral. Neither Hungry nor Full.

Hunger

- 4- Lightly Hungry: Starting to think about food, deciding what sounds good to you, what you would like to eat, and maybe stomach gently growling.
- 3- Moderately Hungry: Thoughts about food increase, stomach starts to growl more, need to get something to eat increases.
- 2- Very Hungry: Stomach growling, stomach may hurt, need to get food now, everything is starting to sound good.
- 1- Ravenous: Difficulty concentrating, low energy, headache, everything sounds good, past the point of comfortable hunger.
- 0- Empty: Uncomfortably hungry, stomach hurts, headache, difficulty concentrating, fatigue, dizzy, weak, everything sounds good.

Fullness

- 6- Lightly Full: Satisfied, will likely be hungry again in 1-3 hours.
- 7- Moderately Full: Satisfied, comfortable, will likely be hungry again in 2-3 hours.
- 8- Full: Comfortably full, but would not want to eat more. Satisfied.
- 9- Stuffed: Past the point of comfort, full, stomach may hurt.
- 10- Sick: Uncomfortably full, feel sick.

It is normal for your hunger and fullness to go back and forth all day long. Staying in moderate hunger and fullness ranges (from a 3-7) will help you avoid extremes in hunger and fullness (0-10). If you start eating when you are lightly-moderately hungry you are more likely to stop eating when you are lightly to moderately full. If you start eating when you are empty or ravenous you are more likely to eat until you are stuffed or sick.

The hunger and fullness scale can serve as a guide to help you mindfully connect to your body about when to eat. It can also help you avoid extremes in your hunger and fullness, help sustain your energy, and help you feel your best.