



THE HUNGER SCALE

Want to practice recognizing your signs of hunger, satisfaction, and fullness?

Ask yourself the following questions:

1. How do I know when I am hungry?

- ☐ I get cranky.
- ☐ My tummy growls.
- ☐ I feel a headache.
- ☐ I feel lightheaded.

2. How do I know when I am satisfied?

- ☐ I have an internal feeling in my body and stop eating when I am full.
- ☐ I wait for an external signal like an empty plate, carton, or package. I stop eating when I've finished "the package".

3. How hungry am I now?



4. Do I ever eat until I feel "stuffed" at a 9 or 10? If so, how do I feel?



5. What happens when I wait to eat "until I am starving" — at a 1, 2, or 3?

Do I eat anything that is quick and convenient? Do I eat faster?

Use these TIPS:

- People usually make better food choices, eat slower, and enjoy their food more when they eat (or grocery shop) when they are not "starving".
- Try to be more aware when you eat because you are hungry, and when only eating for pleasure.
- Try to stop eating when your body signals it is full.