

HUNGER & FULLNESS SCALE

Learning to be aware of the subtle levels of hunger and fullness can help build trust in your body's ability to regulate food intake. Use this scale to identify your physical hunger from most hungry to most full sensations. Remember, there are triggers to eat that are not based on physical hunger (ex: emotions, schedules, and proximity to food).

- 1 **Painfully hungry; starving; weak; lightheaded**
- 2 **Preoccupied with food; moody; stomach feels empty**
- 3 **Ready to eat; stomach feels empty; growling stomach**
- 4 **Starting to get hungry; sensory hunger may increase**
- 5 **Neutral; not hungry or full**
- 6 **Can feel the sensation of food in stomach; not done eating**
- 7 **Starting to get full; food may be less interesting**
- 8 **Fullness is obvious; significant pressure in stomach**
- 9 **Starting to get over-full; sighing or deep breathing; losing interest in food**
- 10 **Painfully full; stomach hurts; may have acid reflux**

