

## The Hunger Scale

1. Ravenous, starving, feeling weak
2. Extremely hungry, uncomfortable emptiness in your stomach

If your hunger lands from 1 – 2, it's easy to overeat without even being aware of what you're doing when you get this hungry. Carry snacks with you and plan ahead so that you don't feel this way often.

3. Hungry, wanting to eat, needing energy
4. I could eat, maybe a little hungry
5. Neutral, comfortable, not hungry or full

At level 3-4 you are hungry and food sounds great. You have more awareness of your food than you do from 1 – 2. In this part of the scale you can really enjoy eating, savoring every bite. It's best to eat until you feel good, it may be a 6 or 7.

6. Slightly full, and I've had enough
7. Satisfied, pleasantly full, don't need to eat more

Level 8-10 is the "I'm full and should stop eating" section of the Hunger Scale. If you find yourself poking around the fridge, ask yourself "what is it that I really need?" Maybe you are tired, bored, procrastinating about something but you don't need to eat. Sit down, take a few deep breaths and feel your body, let it guide you to what you really want.

8. Stuffed, a few too many bites
9. Uncomfortably full, bloated you may need to unbutton your pants
10. So full you have to lie down and you never want to eat again