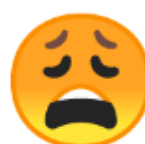


The Hunger Scale

Most people have experienced extreme hunger and fullness at some point in their lives. But what about the more subtle hunger and fullness cues? Use this scale to identify the different levels and find what feels best for you.

1 2 3 4 5 6 7 8 9 10



- 1 - Empty, starving, weak, lightheaded.
- 2 - Very hungry, low energy, may feel dizzy. Eyes might be "bigger than you stomach" if you make a plate
- 3 - Uncomfortably hungry, irritable, "hangry"
- 4 - Hungry, stomach growling
- 5 - Starting to feel a bit hungry, but could wait to eat
- 6 - Satisfied, but could eat more comfortably and for taste reasons
- 7 - Full but not stuffed
- 8 - Overfull, slightly uncomfortable
- 9 - Stuffed, uncomfortable, easy to zone out
- 10 - Extremely full, might have an upset stomach, easy to zone out

Your hunger scale may look a little bit different, and that's ok! Feel free to modify.