

## The Hunger Scale

	1	Too hungry –weak, dizzy, or shaky.
	2	Very hungry – grumpy, little energy, stomach is growling, “hangry”.
	3	Hungry – stomach feels empty, strong need to eat, best time to eat.
	4	Starting to feel some hunger – stomach may growl and thinking about food.
	5	Starting to feel satisfied – you have had enough food to have energy, mind and stomach feel like you can keep eating.
	6	Satisfied – stomach full, no more hunger.
	7	Full – you found a little more room for those last bites, mind says ‘yes’ - stomach said ‘no’
	8	Too full – feeling “stuffed”, stomach may hurt, a little uncomfortable
	9	Very uncomfortable – stomach hurts, feeling heavy, tired, and bloated
	10	Too full – body is miserable, so full you feel sick, stomach hurts

### How to:

- Before you eat, wait and breathe for ten seconds
- Ask yourself, ‘Where am I on the hunger scale?’ – Ideally you will be a 3-4.
- During the meal, wait and check in and ask, ‘Where am I on the scale now?’
- Eat until you are at a 6 or 7

### Tips:

- Eat regularly throughout the day! If you feel unsure, have a small snack.
- Eat without distractions – phones, TV, computer, etc.
- Practice mindful eating – engage in senses – taste, smell, feel, and sound.
- If unsure of fullness, pause for 15 minutes – you can always return if still hungry.
- Enjoy your food!