

The Hunger and Fullness Scale

Mindful eating includes listening to your hunger and fullness cues. Use this scale to help you practice mindful eating by rating your hunger/fullness cues on your daily food logs.

Rating	Hunger / Fullness Scale <i>Use the scale below to help determine your hunger/fullness rating</i>	
1	Extreme Hunger	You are beyond hungry, you are starving. You feel weak, light headed, dizzy, or maybe even “sick”. Eating may feel ravenous or “out of control” due to the bodies need for fuel.
2	Very Hungry	Your stomach is growling and feels hollow and empty. You may feel light headed, irritable or anxious. You are food preoccupied.
3	Hungry	You are beginning to feel your stomach growl. You are starting to feel an emptiness in the stomach. Clear signals that your body needs food.
4	Starting to think about food	You are a little hungry and are experiencing mild signals that your body needs food, but you can wait to eat. You are not feeling any of the unpleasant effects of hunger.
5	Neutral	You are neither hungry nor full. You are not thinking about or looking for food.
6	Politely Satisfied	The empty feeling is gone, but you will not feel satisfied until you have had more to eat.
7	Satisfied	The stomach is filling up and your hunger is gone. You feel comfortable but could still eat more.
8	Full	The stomach may feel slightly distended, full, but not uncomfortable. You do not want another mouthful because the food no longer taste as good as it did when you first started to eat.
9	Uncomfortably Full	Your stomach feels stuffed and uncomfortable. You feel heavy, tired and bloated and you may no longer feel like socializing.
10	Extremely Full	You feel very uncomfortable or “sick”, maybe even in pain. You do not want to or cannot move, and feel like you never want to look at food again.