

Recovery Directed Eating (RDE) Hunger/Fullness Scale

- 
- 0 Empty
 - 1 Ravenous, dizzy, weak
 - 2 Very hungry
 - 3 Hungry, stomach growling
 - 4 Lightly hungry, food sounds good
 - 5 Neutral
 - 6 Lightly full
 - 7 Full and satisfied
 - 8 Overfull, somewhat uncomfortable
 - 9 Stuffed, very uncomfortable
 - 10 Extremely full, nauseous, sick

Structure leads to success.
Success leads to hope. Hope leads to recovery.
CenterForChange.com
888.224.8250

Recovery Directed Eating (RDE) Levels at Center for Change

Highly Structured Meals Teach

- Trust the dietitian
- Challenge the ED rules & beliefs
- Brain & body are re-nourished

Self-Plating/Family Style Teaches

- Learn to trust your body
- Variety/Moderation
- Determine emotional vs physical hunger

Intuitive Eating Teaches

- Trust hunger/satiety cues
- Challenge changing ED urges to restrict or binge
- Eat mindfully

Structure leads to success.
Success leads to hope. Hope leads to recovery.
CenterForChange.com
888.224.8250