

THE HUNGER SCALE

The Hunger Scale is a tool that can help you tune into your body's hunger and fullness cues.

1

Starving, feeling weak/dizzy.

2

Very hungry, irritable, low energy. Stomach growling.

3

Pretty hungry, stomach is starting to growl.

4

Beginning to feel hungry.

5

Satisfied, neither hungry nor full.

6

Slightly full/pleasantly full.

7

Slightly uncomfortable.

8

Feeling stuffed.

9

Very uncomfortable. Stomach aches.

10

So full you feel sick.

STRATEGIES FOR USING THE HUNGER SCALE

- It takes about 20 minutes to feel full after eating. Slowing down allows time for your stomach to tell your brain that you are full.
- Ask yourself which number you are at before eating.
- Put the fork down between bites.
- Talk! Conversation at the table naturally creates a pause between bites.
- Drink water between bites.
- Chew more times.
- Start with small portions and only get seconds if you are still hungry (<5 on the hunger scale)
- Avoid screens while eating! Distracted eating means we don't notice as we begin to feel full.
- Eat at the table for all meals and snacks.



Remember: Processed foods are not very filling, while foods with fiber are more filling. Fill half the plate with fruits and veggies, and don't forget whole grains!

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7	Slightly uncomfortable.
8	Feeling stuffed.
9	Very uncomfortable. Stomach aches.
10	So full you feel sick.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group