

THE HUNGER SCALE

First, experiment with using the hunger scale this week. Then answer the reflection questions.

Before eating, ask yourself, which number is my hunger on the hunger scale? When you are done eating, pause and identify your hunger scale number.



Tip: Print the hunger scale from the following page and put it somewhere you will see it during mealtime (like the refrigerator, pantry, or near the dining table.) Alternatively, take a screen shot to save as a reference.

What are common reasons people eat? Where does hunger fit in?

Did you use any strategies to help you slow down or eat mindfully? Which were helpful?

What differences did you notice when using the hunger scale? Some people find they do less "bored eating" or "stress eating" when paying more attention to hunger and fullness cues.

Did you notice which foods helped you to stay full vs which foods did not?
