

Hunger and Satiety Scale

- Sometimes we eat for reasons other than hunger – because we want to eat, it is *time* to eat, other people are eating, we are sad/happy/bored, out of habit, etc. It is important to eat when your body feels truly hungry.
- Move away from using your head to decide your eating patterns and toward listening to your body.
- Use this scale to rate your hunger level before your meal or snack, and again when you are finished eating.
- Aim to eat at a 3 and stop eating at a 7.
- Tune into your body. What does level 3 hunger feel like? What does level 6 and 7 fullness feel like?
- Stop 2 or 3 times while you are eating to check in with yourself and determine if you are still hungry or starting to feel satisfied. Feelings of fullness do not happen right away.

