

HUNGER & FULLNESS SCALE

How hungry are you really?

- 1** Ready to eat your arm
- 2** Hangry for just about any food
- 3** Hungry and want to nom nom
- 4** A little hungry
- 5** Not really hungry or full
- 6** Know there's food in your belly
- 7** Not hungry
- 8** Had a couple too many bites
- 9** Feeling uncomfortably full
- 10** Full like it's Thanksgiving, plus

How to use the scale: Rate how hungry you are before you eat, during your meal and after you eat. Try to begin eating when you're at about a 3, and stop eating when you're at a 6 or a 7. And don't beat yourself up if you overeat ... this takes practice!

