

Hunger and Fullness

Are you really hungry? Sometimes, we eat because we think we should, the clock says a certain time, or because others are eating. We need to eat when we are truly hungry.

When should you stop eating? You should only eat until you feel satisfied or almost full.

In order to manage how much you eat and your weight, you need to listen to your body. Use the scale below to help determine how hungry you are. Stop eating 2 or 3 times during each meal to ask yourself if you are still hungry or starting to feel satisfied. Feelings of satisfaction or fullness do not happen right away so eating slowly can help. After you finish eating, check again to see how full you are. You never want to be too hungry or too full. It is best to stay **between 3 and 7** on the fullness scale.

Rating	Hunger / Fullness Feelings
10	Uncomfortably full or “sick” – “Thanksgiving full”
9	Stuffed and uncomfortable
8	Too full, somewhat uncomfortable
7	Full, but not yet uncomfortable – hunger is gone
6	Filling up, but still comfortable – could definitely eat more
5	Neutral – neither hungry nor full
4	Slightly hungry, faint signals that your body needs food, but you can still wait to eat
3	Hungry, not yet uncomfortable, clear signals that your body needs food
2	Very hungry, irritable or anxious – you want to eat everything in sight
1	Starving, feeling weak, lightheaded, dizzy, or other extremely uncomfortable symptoms of hunger

