











The Hunger Fullness Scale

This tool helps you recognize your body's cues for eating and stopping. By tuning into these signals, you can develop a balanced approach to eating, preventing overeating and undereating.

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|------------------------------|----|---|---|
| OVERLY HUNGRY | 1 | PAINFULLY HUNGRY, "STARVING", SHAKY, IRRITABLE, FAINT |  |
| | 2 | VERY HUNGRY, DISTRACTED, HEADACHE |  |
| HUNGER & FULLNESS SWEET SPOT | 3 | HUNGRY AND READY TO EAT |  |
| | 4 | STARTING TO FEEL HUNGRY, STOMACH IS GROWLING |  |
| | 5 | NEUTRAL - NOT HUNGRY OR FULL |  |
| | 6 | NOT HUNGRY ANYMORE, SLIGHTLY FULL |  |
| | 7 | SATISFIED AND COMFORTABLE |  |
| OVERLY FULL | 8 | SLIGHTLY UNCOMFORTABLE, FULL |  |
| | 9 | UNCOMFORTABLY FULL |  |
| | 10 | FEEL SICK, "STUFFED", PAINFULLY FULL |  |

Tips for Mindful Eating:

- Aim to eat when you are between a 3 and 4 on the scale.
- Stop eating when you reach a 6 or 7 to avoid overeating.
- Eat slowly and check in with your hunger/fullness level throughout your meal.
- Avoid distractions (like TV or phones) while eating to better recognize your body's signals.

