

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. Focus on eating small, balanced meals with small healthy snacks in between to keep your energy up and your hunger in control. Listen to your body and eat when you are hungry.

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

To manage how much you eat, listen to your body. Here is how:

- 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. Eating slowly will 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 hunger/fullness scale on the next page.



- Use this scale to rate hunger/fullness in your *Daily Food and Physical Activity Diary*.

Hunger/Fullness Scale	
Rating	<i>Use the scale below to help determine your hunger/fullness rating:</i>
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, mild signals that your body needs food – you can 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

