

HUNGER SCALE

Recognizing your hunger signals can help you learn more about when you should eat - as well as when you should stop eating. You learn to trust your own body about what it needs (and when) on a physical level.

A hunger scale can vary but generally looks like this:

1. Extremely hungry, gnawing hunger pangs
2. Very hungry
3. Stomach growling, beginning to feel hungry
4. Mildly hungry
5. Not very hungry but not full
6. Satisfied and comfortable
7. Beginning to feel full
8. Starting to feel very full
9. Uncomfortably full, stomachache
10. Painfully full, need to lie down



Using the hunger scale

For a few days, jot down your hunger level before and after each meal and snack. Use the scale and follow these general guidelines:

- Ideally, you should eat when you're at a level 3 or 4. If you let yourself get too hungry (1 or 2), you're more likely to overeat.
- You should stop eating between a 6/7. Above a 7, you are most likely eating more food than you need.
- If you start to eat when you are in the 5 to 10 range, you're probably eating because of boredom, stress or another emotional reason.