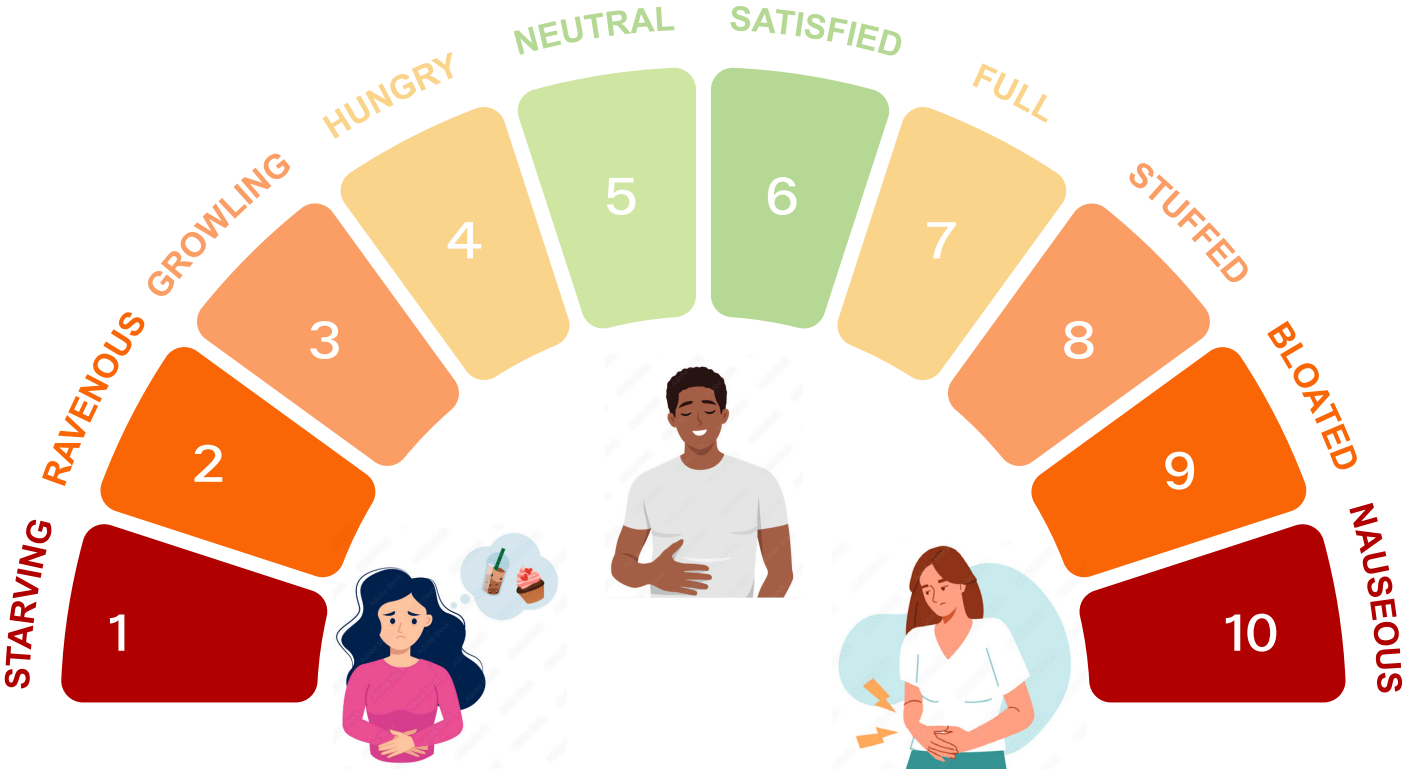
Hunger–Fullness Scale

The hunger scale helps you understand and manage your eating habits by tracking your hunger and fullness. Using this scale can guide you in making mindful eating choices. This helps prevent overeating so you can have a balanced, healthy relationship with food. Try to stay between a three and a seven on the scale.



1. I am starving and feel weak
2. I am very hungry. I have low energy and a headache
3. I am hungry. My stomach is growling
4. I am slightly hungry and starting to think about food
5. I am neutral, neither hungry nor full
6. I am satisfied, slightly full, can stop eating
7. I am full, but not uncomfortable
8. I am uncomfortably full
9. I am stuffed and feeling sick

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT