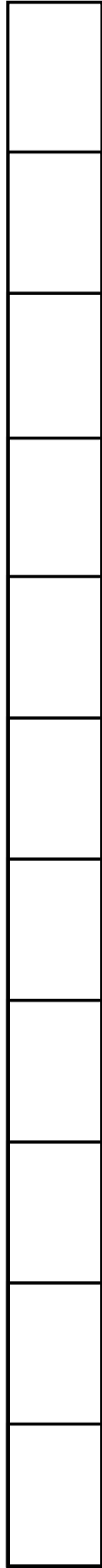
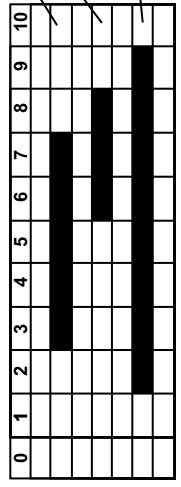


The HungerScale



- 10 → Thanksgiving full. Lie on the couch, unbuckle your belt full.
- 9 → Physically very uncomfortable. Stuffed. Pulling energy out of you.
- 8 → Definitely a belly full, but not physically uncomfortable. Not hungry again for 5 + hours.
- 7 → Good and full. Drive to eat strongly diminished, may be gone. Not hungry again for 3 to 4 hours.
- 6 → Sense food in belly, but could definitely eat more. If stop here, will need to eat again in 1 ½ to 2 hours.
- 5 → Neutral. Not hungry. Not full.
- 4 → Early warning signal. Easy to ignore. Passing thoughts of food. Need to eat within 1 to 2 hours.
- 3 → Notice thoughts of food. Urge to eat is present but not overwhelming. If don't eat, will be at a "Two" in 30 to 60 minutes.
- 2 → Distracted by thoughts of food. Food calls to you. Preoccupied with food. Knawing emptiness . May feel irritable, tired or weak. *Head Ratchet** starts.
- 1 → Thoughts of food intrusive. Hard to concentrate. Lose discrimination. All foods look good, no food looks good. Irritable, weak, tired, lightheaded, drained, and/or dizzy. Significant *Backdoor Hunger.***
- 0 → Starving and beyond. Hard to climb flight of stairs.

Rate hunger before you eat and fullness when done. Use these descriptions as guidelines and refine them as you get more in touch with hunger and fullness. Use the Hunger/Satiety Journal to keep track and interpret results (www.EatingWisdom.com). **Head Ratchet* – strong /unexpected pull of high calorie food. ***Backdoor Hunger* – don't feel hunger, but are drawn to things related to food (recipes, food channels, cookbooks, what others are eating).



A meal where you eat from a 3 to a 7.
 A meal where you began eating when you were not hungry, eating from a 6 to 8.
 Eating from a 2 to 9, from very hungry to uncomfortably full.