



The Hunger Fullness Scale

Feel free to substitute your own language and experience in these descriptions. Most people enjoy their food and eat comfortably when they are between a “3” and a “7” on the hunger scale.

1	2	3	4	5	6	7	8	9	10
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1. **BEYOND HUNGRY:** You may have a headache. You can't concentrate and feel dizzy. You may have trouble with coordination. You are totally out of energy and need to lie down. This may happen during a very restrictive diet.
2. You can't seem to tolerate anything. You're irritable and cranky and very hungry, with little energy. You may even feel nauseous. Your coordination begins to wane. You are at the stage of being famished.
3. The urge to eat is strong. You are feeling an emptiness in your stomach. You may feel uncomfortable hungry and know "its time to eat."
4. You start to think about food. Your body is giving you the signal that you might want to eat. You are a little hungry.
5. **TRANSITIONAL HUNGER:** Your body has enough fuel to keep it going and is physically and psychologically just starting to feel satisfied.
6. You're fully at the point of satisfaction. You are pretty comfortable and could stop here.
7. You're past the point of satisfaction, yet you can still "find room" for a little more. Your body says "no" and your mind says "yes" to a few more bites. Without feeling uncomfortable, you can take a couple more bites.
8. You are actually starting to hurt. Maybe you shouldn't have had more, but it tasted so good. Or, did you get caught up in the eating-is-the-thing-to-do syndrome because all of the activity was centered around food?
9. The after-effects feel really uncomfortable. Maybe you didn't eat all day to leave room for this meal and you feel heavy, tired, and bloated. You no longer feel like socializing; you'd rather be by yourself or go to bed. Did you miss out on the socializing because you felt focused on the food?
10. **BEYOND FULL:** This is a typical Thanksgiving Dinner feeling – you are physically miserable, don't want to or can't move, and feel like you never want to look at food again.

Want more information about this topic?
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