

## Hunger/Fullness Scale

0	1	2	3	4	5	6	7	8	9	10
Famished	Ravenous	Too Hungry	Hunger Pangs	Beginning of hunger	Neutral	Satisfied	Completely Satisfied	Full	Stuffed	Sick

- **Famished:** Have not eaten for 6-8 hours. May be feeling nauseous, dizzy or light-headed.
- **Ravenous:** Having many thoughts about food and being hungry. Strong stomach aching.
- **Too Hungry:** Stomach has started to ache. May be feeling irritable.
- **Hunger Pangs:** It is time to eat, your body is giving you natural signs that it needs food. Stomach is growling.
- **Beginning of Hunger:** Hunger has started to awake. There is a sense of emptiness in the stomach. This can be an appropriate time to eat.
- **Neutral:** You aren't hungry or full. This sensation exists between meals.
- **Satisfied:** You aren't hungry any more but will be within 2-3 hours. There is more room for food. This can be a good place to finish a meal/snack.
- **Completely Satisfied:** You are no longer hungry, there is a sensation in your stomach that you have eaten and won't need to eat for 3-4 hours. This is also a good place to finish.
- **Full:** You had just a couple bites too many. You may feel bloated.
- **Stuffed:** Your eating experience has surpassed pleasure and is now uncomfortable.
- **Sick:** You are uncomfortable to the point of pain. You may need to lie down.