



PRACTICE MINDFUL EATING HUNGER-FULLNESS SCALE

0 PAINFULLY HUNGRY LIGHT HEADED, NO ENERGY, MAY FEEL SICK

1 RAVENOUS VERY DISTRACTED WITH HUNGER, IRRITABLE.

2 VERY HUNGER EAGER TO EAT, STOMACH GROWLING

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3 HUNGRY, BUT NOT STARVING TIME TO EAT

4 SLIGHTLY EMPTY STOMACH TIME TO START PLANNING

ideal
range

5 NEUTRAL NOT HUNGRY OR FULL

6 SLIGHTLY FULL STOMACH NOT YET SATISFIED, COULD EAT MORE

7 COMFORTABLY SATISFIED FEEL ENERGIZED, HUNGER IS GONE FOR A FEW HOURS

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8 LITTLE BIT TOO FULL SHOULD HAVE STOPPED A FEW BITES EARLIER

9 UNCOMFORTABLY FULL UNPLEASANT FEELING/STOMACH HURTS

10 PAINFULLY FULL MAY FEEL PHYSICALLY SICK