

Hunger and Fullness Scale

Just as the gas tank of your car needs fuel to go, your body needs food several times per day to run efficiently and feel satiated. Feelings of hunger or fullness can work like the gas gauge of your car, telling you that it's time to re-fuel, or that the tank is full. Ignoring hunger and fullness signals over time may make it difficult to eat within a comfortable eating range.

Comfort Level	Rating	Description	Physical and Mental Feelings
Unpleasant Hunger	0	Painfully Hungry	Feels urgent or intense; you may feel lightheaded or shaky.
	1	Ravenous	You may feel irritable or anxious.
	2	Very Hungry	You may have an ache or “gnawing” sensation; everything looks and sounds good to eat.
Comfortable Eating Range	3	Hungry	The stomach feels empty and you are ready to eat without urgency.
	4	Mild Hunger	You may have increased thoughts about food, but it can wait.
	5	Neutral	You are neither hungry nor full.
	6	Mild Fullness	You feel satiated and have had enough for a while, but have room for a little more.
	7	Complete Fullness	Your physical hunger signs are gone and you have less desire to eat.
Unpleasant Fullness	8	Slightly Too Full	There is mild discomfort from your stomach feeling tight, but not the need to lie down and rest.
	9	Stuffed	You feel discomfort, as if you need to lie down or remove your belt.
	10	Painfully Full	You may feel nausea or pain; the stomach may feel very tight or bloated.