

HUNGER/SATISFACTION AWARENESS CHART

10	+	Extremely Full You feel stuffed, as if you could burst and may feel ill or very tired.
9	+	Uncomfortably Full You feel overly full and quite uncomfortable.
8	+	Very Full You may feel a little uncomfortable or feel that you have eaten a little too much.
7	+	Comfortably Full Satiated, you feel as if you have eaten a solid meal.
6	+	Satisfied You are not hungry and not too full. Your stomach feels like it has welcomed a good meal.
5	+	Neither Hungry or Full You are not hungry or full. If you are eating, you are just noticing the first signs of satisfaction but are not yet satisfied. If you are not eating, this may be an appropriate time to start meal preparation and cooking.
4	+	A Little Hungry You're just beginning to feel early signs of hunger. You may be uncertain about whether you are hungry or not. You may need a snack at this time or to have a meal within an hour.
3	+	Hungry You feel hungry and are ready to eat. You may be aware of hunger signals - stomach rumbling, thoughts of food. (This is a good time to start eating your meal.)
2	+	Very Hungry You are overly hungry. You may feel irritable or moody & have difficulty concentrating. Although you are very hungry, you can still make nourishing food choices.
1	+	Extremely Hungry Starving, ravenous - you need to eat right away. You may be lightheaded, weak, dizzy, low in energy, cranky, feel down and can barely think, function or concentrate. Hunger and food consume your thoughts.