

The Hunger and Fullness Scale

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**1** Weak, unable to concentrate, hunger, headache, irritable.

**2** Extremely hungry, stomach growling non-stop.

**3** Normal Hunger, a little stomach growling, need to eat soon but not ravenous.

**4** Food sounds good, but not experiencing physical signs of needing food e.g. growling stomach.

**5** Not hungry or full – neutral.

**6** Satisfied but not too full – Pleasant. \*Ideal Range

**7** Full, a little too full. You know you could have eaten less.

**8** Too full, feeling stuffed, a little uncomfortable.

**9** Experiencing more physical signs of eating too much e.g. bloated stomach, sleepy, quite uncomfortable.

**10** So full you're sick, nauseated miserable

What makes you start to think about food?

How do you know when you are hungry?

How do you know when you are satisfied?

How do you know when you are too full?