



Hunger and Satiety Scale

Note your level of hunger and satiety using the scale from 1 to 10 (where 1 = starving, 5 = neutral, 10 = Christmas Day full) before and after eating to help increase your awareness of your natural hunger and fullness cues.

	Level	Description
	1	Starving. Your stomach is empty, you have hunger pains, you feel weak and light-headed and you need to eat now.
	2	Fairly hungry. You are feeling slight hunger pains in your stomach, and you may be irritable or finding it hard to concentrate and maintain focus. You feel a lack of energy.
	3	Slightly hungry. You are becoming aware of physical signs of hunger e.g. stomach growling.
	4	A little hungry. You could eat if it were suggested, or you could wait to eat, knowing you will become hungrier soon.
	5	Neutral. You are comfortable, neither hungry or full.
	6	Satisfied. You are no longer hungry, but you could eat more.
	7	Hunger is definitely gone. You are aware of food in your stomach.
	8	Your stomach is full of food and may be sticking out, though not uncomfortably so.
	9	Bloated. You may need to loosen your clothing. You feel sleepy and drained of energy.
	10	Christmas Day full. You are not at all hungry. You feel uncomfortable and maybe even nauseous or physically unwell.