



Hunger Scale

10. Stuffed. Very uncomfortable, possibly painful.
9. Very full. Uncomfortable.
8. Full, not uncomfortable. Eating beyond satiety.
7. **Comfortably satisfied. Hunger is definitely gone. Stop here and you may not feel hungry for several hours.**
6. No longer hungry. Experiencing the pleasure of eating and becoming satisfied. Recognition that food has been eaten but that more is needed for satisfaction.
5. Neutral. Not hungry. Not full.
4. Becoming hungry. Waiting to become hungrier will not be physically uncomfortable.
3. **Perfect hunger. Strong urge to eat.**
2. Very hungry. Uncomfortably hungry. Preoccupation with eating. All food looks good. Difficult to discern humming and beckoning foods. Difficult to consciously eat.
1. Starving! Will eat anything. Physical weakness. Dizziness.

Safe Zones are between 3 & 7. Staying between these numbers will allow you to eat when hungry, stop when satisfied and eat foods that are satisfying

Humming Foods: Foods that are desired from internal cues that will provide nourishment to one's body, mind and soul at this particular hunger experience.

Beckoning Foods: Foods that are desired because of external cues: smell, sight, availability or advertising despite level of hunger. If the desired food has not been thought of before an external cue, it is a beckoning food. Agree to eat that particular beckoning food at next hunger ***only*** if it will fulfill the definition of a humming food, so that it will satisfy physical, emotional and spiritual hunger.