

# Hunger - Satiety Scale



## A tool you can use to determine your hunger.

Full 10 = Stuffed to the point of feeling sick

9 = Very uncomfortably full, need to loosen your belt

8 = Uncomfortably full, feel stuffed

7 = Very full, feel as if you have overeaten

6 = Comfortably full, satisfied

Neutral 5 = Comfortable, neither hungry nor full

4 = Beginning signs and symptoms of hunger

3 = Hungry with several hunger symptoms, ready to eat

2 = Very hungry, unable to concentrate

Hungry 1 = Starving, dizzy, irritable

### How Does the Scale Work?

1. Use it before your main meal and write down any trends you notice. That will allow you to make changes to your eating patterns and food choices
2. Before you eat, take a moment to rate your hunger. Think about how hungry you physically feel. Your goal is to eat between levels 4 and 6. This means you are eating when you are hungry but stopping when you are comfortably full.
3. Try not to put off eating for too long. Waiting until level 1 or 2 — when you are starving and unable to concentrate — may lead to overeating. When you first start to feel any of the symptoms listed above, you should probably start to think about eating.
4. We often let the sight of food tempt us when we are above a level 6 on the scale. Before you indulge, take a step back and think about how you feel. Did you just eat a few minutes ago? Are you eating in response to an emotion or because you are experiencing physical hunger?

### Think of alternatives to eating for when these temptations arise. Some ideas are:

- Drink a glass of cold water or another zero-calorie beverage
- Take a walk to change the scenery
- Do another form of exercise (sit-ups, running, swimming, tennis, etc.)
- Call a friend or family member
- Read a book or magazine
- Do you like to knit or paint? Work on a hobby
- Play a game with someone else

Print & carry it with you in your wallet or purse.

It can help you decide before you eat if you are experiencing real hunger.

**Reference:** <http://www.diabetes.org/assets/pdfs/food/hunger-rating-scale.pdf>