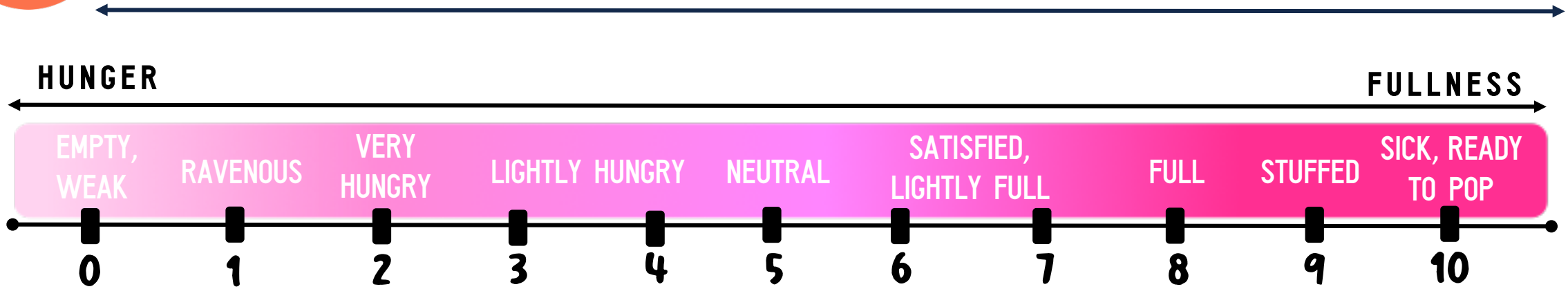




HUNGER AND FULLNESS SCALE

I ILLINOIS
McKinley Health Center



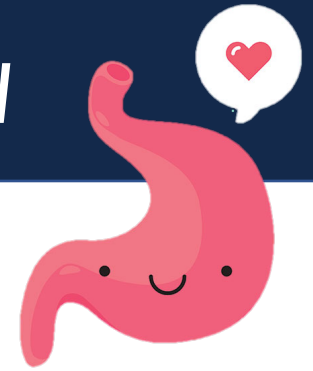
- 0** Empty: uncomfortably hungry, stomach hurts, headache, difficulty concentrating, fatigue, dizzy, weak, everything sounds good.
- 1** Ravenous: difficulty concentrating, low energy, headache, everything sounds good, past the point of comfortable hunger.
- 2** Very hungry: stomach growling, stomach may hurt, need to get food now, everything is starting to sound good.
- 3** Moderately hungry: thoughts about food increase, stomach starts to growl more, need to get something to eat increases.
- 4** Lightly hungry: starting to think about food deciding what sounds good to you, what you would like to eat and maybe stomach gently growling.

STAYING IN MODERATE HUNGER AND FULLNESS RANGES FROM 3-7 WILL HELP YOU AVOID EXTREMES IN HUNGER AND FULLNESS



- 6** Lightly full: satisfied will likely be hungry again in 1-3 hours.
- 7** Moderately full: satisfied, comfortable, will likely be hungry again in 2-3 hours.
- 8** Full: comfortably full, but would not want to eat more. Satisfied.
- 9** Stuffed: past the point of comfort, full, stomach may hurt.
- 10** Sick: uncomfortably full, feel sick.

DEFINE YOUR PERSONAL HUNGER AND FULLNESS CUES BELOW



Example: For me, a "0" feels like...

0 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____