

BECOME A MORE INTUITIVE EATER

Take Home Message: Being mindful of your hunger by using a hunger scale is a great way to monitor what and how much goes in your mouth.

The Hunger Scale

1.	You're so hungry you'll eat anything
2.	You can't ignore your hunger and everything looks and sounds good to eat
3.	Your stomach is growling and you have hunger pangs
4.	You can feel you're getting hungry and it's time to think about what to eat
5.	You're neither hungry nor full
6.	Just right; you're satisfied but could easily eat more
7.	Totally satisfied; hunger is gone and you won't be hungry for hours
8.	You're full and don't want anything else to eat
9.	You feel stuffed and uncomfortable
10.	You're painfully full and may even feel sick

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 **Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7) to help keep portions and calories in check.**

Hunger is important for weight loss — it signals your body when it's time for your next meal or snack. But for everyone's sake, you want to avoid getting “hangry.” So how do you gauge how much hunger is OK? Use a hunger scale. This scale utilizes a range from 1 to 10, with 1 being your absolute hungriest, feeling light-headed, 5 being completely neutral (not hungry and not at all full), and 10 being really uncomfortably stuffed. You want to grab a snack or meal at about a three or four, when you're moderately hungry, and stop eating around a six, just past that completely neutral feeling.

In summary you want to develop a personalized eating schedule where you eat when fairly hungry, about a 3 on the scale (if you waited another hour, you'd be famished) and eat just enough to feel satisfied, about a 6 on the scale, and be hungry again three to four hours later. Keep the numbers in mind every time you're about to reach for something to eat. Think to yourself, "What number am I?" and it should help curb unnecessary eating when you're not actually hungry and will also prevent you from getting past the point of hunger to where you want to order an entire pizza for lunch. Try it out at your next meal and you will be encouraged by how listening to your body allows you to make better choices about what you eat.