

## Hunger-fullness continuum

- 0 You are wobbly and dizzy. You can hardly think. Most people have to go all day without food to get close to being at 1.
- 1 you are still very hungry. You are irritable and cranky.
- 2 You are very hungry, on the verge of a "starving" feeling.
- 3 You could definitely eat, but you're not on the verge of collapse. The urge to eat is strong.
- 4 You are only a little hungry. Your body is sending messages that you might want to eat.
- 5 You're not hungry, not satisfied...neutral. If you stop eating now you will need to eat again in 1 ½ to 2 hours.
- 6 You are a notch past being neutral. You could definitely eat more.
- 7 You are feeling more satisfied...getting full. If you stopped here you would need to eat again in 4 to 4 ½ hours.
- 8 You are quite satisfied, full in fact. If you stopped here you would be sustained for 5-6 hours.
- 9 You are becoming uncomfortable. You could force down another three bites though your body no longer wants anything.
- 10 Your body is screaming, "get me out of here!" This is no fun anymore. If you eat any more, you'll POP!!