

THE HUNGER SCALE

Know when to start
and stop eating

Close your eyes and forget about all of the distractions around you. Wait a moment to really get in touch with how you feel, then think about how your feelings of hunger fit into the scale.

1-2

STARVING

I am at risk of overeating

GENTILE HUNGER

My body's internal cues are telling me it's time to eat.

3-4

5-6

COMFORTABLY FULL

My body is signaling I've had enough food

VERY FULL

I have eaten beyond my biological need

7-8

9-10

UNCOMFORTABLY FULL

I am eating for non-hunger reasons.

- **At 01:** there is a shaky, or nauseous sensation.
- **At 10:** there is a feeling of being uncomfortably full
- **At 03:** this is the best time to eat hungry enough to eat but with control.
- **At 06:** is the best time to stop eating: hunger is satisfied, but still able to eat more.

(This resource was informed by pritikin.com)

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