

# Hunger Fullness Scale



**Check in with your hunger and fullness** before and after every meal and strengthen the communication network between your gut and brain. After practicing this for a while, you will find that you can trust your body's cues of hunger and fullness and won't need someone else to tell you how much food you should eat.

**Avoid the red zone and aim for the green!** This is the first step in mindful and soulful eating. Tracking your hunger and fullness before & after meals can be done in the Wise Mind Nutrition App which we encourage you to download if you haven't already done so. Until then, a journal or calendar works too!

**0** - Fasting numbness. Beyond hunger food is no longer craved.

**1** - Starving or ravenous for food.

**2** - Irritable, angry, weak, dizzy, headache, etc.

**3** - Stomach feels empty and occasionally growls; need to eat soon.

**4** - Neutral zone - not hungry or full, food still looks/tastes good.

**5** - Satisfied feeling - still a bit more room to eat.

**6** - Comfortable fullness - truly satisfied; food is no longer appealing/tasty.

**7** - Uncomfortably full; does not feel physically pleasant.

**8** - Bloating, distended stomach; physically uncomfortable.

**9** - Feeling sick with stomach and back pain.

**10** - Binge-like fullness; possible vomiting.

**Tip:** Many people find this process difficult at first but then feel more attuned to their body's cues. The goal is to practice being present and start listening to your body. You might also start to recognize patterns linked to the food groups present in the meal or snack. Get curious!