**Session 3 – Hunger Scale**

*(handout 1)*

**Use this scale to identify your hunger level when you eat/think about eating.**



**What do the numbers mean?**

|  |  |  |
| --- | --- | --- |
| **Number** | **Descriptor** | **Definition** |
| 1 | Very Hungry  | You have either ignored your hunger for a long time or been unable to eat for some reason. You are beyond hungry and will likely overeat when food is available. |
| 2 | Hungry | This is a good time to eat. |
| 3 | Slightly Hungry | Slightly hungry. You can wait to eat but know that you will soon be hungry. |
| 4 | Neutral | You are neither hungry nor full. |
| 5 | Slightly Full | You sense food in your stomach and know that you will soon be full.  |
| 6 | Full | Your hunger is gone, but you are not uncomfortable. |
| 7 | Very Full | You are uncomfortable. Think of how you may feel after overeatingThanksgiving dinner or at an all-you-can-eat buffet. |