



# HONORING YOUR HUNGER

## HUNGER SCALE



### 1. RAVENOUS

- Physically ill, nauseous

### 2. EXTREMELY HUNGRY

- Emptiness in stomach, headache, moody

### 3. HUNGRY

- Stomach growling

### 4. "I COULD EAT"

- Stomach feels empty, no physical pain

### 5. NEUTRAL

- Not hungry not full

### 6. MILD FULLNESS

- Stomach is full but unsatisfied

### 7. SATISFIED

- Full and content with meal

### 8. UNCOMFORTABLY FULL

- Slightly uncomfortable, full stomach

### 9. STUFFED

- Very uncomfortable and bloated

### 10. PHYSICALLY ILL

- Nauseous, sick, painful