

Hunger Fullness Scale

OVER HUNGRY

0

painfully hungry
(stomach hurts, weak, shaky, dry mouth)

1

ravenous & irritable
(difficultly concentrating, low energy, headache)

2

very hungry
(stomach growling, can't ignore hunger, salivating mouth)

3

moderately hungry
(increased thoughts about food, hunger pangs, stomach growls)

4

mildly hungry
(starting to think about food, deciding what to eat, stomach growls)

5

neutral
(neither hungry nor full)

6

starting to feel satisfied
(satisfied, no longer hungry, could eat more)

7

comfortable fullness
(hunger is gone, comfortable, satisfied and content)

8

beginning to feel too full
(hunger gone, slightly past what feels comfortable, burping)

9

extremely full & uncomfortable
(belching, heavy, tired, stomach hurts, waistband is tight)

10

stuffed & in pain
(uncomfortable, nauseous, bloated, painful)

NATURAL EATING RANGE

OVER FULL

Types of Hunger

When most people think about hunger, they only consider or know about physical hunger. However, there is nuance and other reasons to why we may eat. Recognizing the “why” behind your hunger is a huge step towards intuitive eating.

1

Physical hunger

having signs of hunger such as stomach growling, irritability, difficulty concentrating, mouth salivating, shaky (note: symptoms vary in intensity depending on hunger level)

2

Practical hunger

also known as “planning ahead hunger”, eating now because there are barriers to eating later

3

Emotional hunger

eating to quell or process uncomfortable emotions (ex. sadness, anxiety, anger, boredom, loneliness)

4

Taste hunger

a desire to simply eat because it looks good or because of an occasion (ex. birthday, anniversary, wedding)

5

Community hunger

wanting to have a food or drink because everyone else that you are with is having that item.

6

Energy hunger

seeking food or beverages from not getting adequate sleep/rest