Hunger and Satiety Scale

Physical Hunger 0-4 — **Neutral 5** — **Physical Fullness 6-10**

0	1	2	3	4	5	6	7	8	9	10
Beyond hungry. Will have side effects such as lethargy, may be numbed out. Will take "a lot" of food to feel hunger go away.	Hunger is preventing focus on anything else. May have a headache, low energy and will potentially eat the first thing you see. Everything looks good.	Thoughts of food are preoccupying. Might find yourself wanting to eat now as you wait for your food to be prepared.	The urge to eat is strong and you are ready for a meal. You will have the ability to be make choices based on options available.	Your hungry is little and you could wait up to a hour if you needed to. You could eat now or wait. The hunger is subtle in your body and mind.	Not hungry nor full. Neutral. Occasionally we eat here out of planning ahead but food not that appealing physically	You can feel food in your stomach. Hunger is gone but you may not feel like you have had enough and could eat more. You will be hungry in 1.5 to 2 hours.	Hunger is gone. You could be satisfied here and not be hungry for 3 to 4 hours. You are not all the way full but very close.	Your belly is full and you should feel gentle to moderate pressure. Not uncomfortable. Hunger will return in 5 to 6 hours.	Uncomfortable. Will take a long time to get hungry again.	Miserable even painful or sick.

NOTES:

Use this scale by rating your level of hunger before and after you finish eating. Shade in the boxes on your food journal after each meal. Consistently keeping your food intake from 0-6 means you are probably restricting. Consistently eating from 5-8 and rarely feeling much physical hunger eating means you are eating symbolically. Our bodies are most comfortable eating from a 3 to a 7/8. Use the paper Food Journal or download the Food Journal app to track your hunger and satiety and mind-body awareness at www.tracybrownrd.com.

Hunger and Satiety Scale © 2013. Tracy Brown RD,LD/N * Eating Disorder and Intuitive Eating Expert * 352-258-8220 or www.tracybrownrd.com