

The Hunger Level Scale

Over time, people often lose touch with how physical hunger and fullness actually feels. The Hunger Level Scale can help you to work out how hungry you really are and may help you to decide whether you actually need to be eating or not.

Weight management is usually most successful when you wait until you are at a 3 before eating and then stop when you reach a rating of 6. Regular meals can help prevent you from going down to a 1 or 2 on the scale. This is where we are more likely to experience a loss of control leading to over consumption of poor food choices and then reaching a 7 or more on the scale or higher.

Rating		Physical Sensation
Danger Zone	1	Starvation, physical pain
	2	Definite physical symptoms, headache, lack of energy, light-headed
Ideal Zone	3	Beginning of physical signs of hunger
	4	Could eat if it were suggested
	5	Neutral
	6	Satisfied
Danger Zone	7	Feel food in stomach
	8	Stomach protrudes, beginning of mood alteration
	9	Bloated, definite mood alteration
	10	Definitely full, physical pain, numbness

Learn to Know Your Body's Hunger Signals You can practice getting back in touch with your body's hunger signals by following these steps:

1. Rate your hunger before you eat

Before you eat ask yourself, "Am I really hungry?"

Use The Hunger Scale to determine your level of hunger

2. If you rate yourself 6 or above on the hunger scale. Try to think about other reasons that may be triggering you to eat

- Places/Situations
- People
- Emotions

3. Plan ahead and take control

Instead of eating, try doing other things. Swap eating with other activities such as go for a walk, play with your dog, call a friend, repair something, meditate etc.

The Hunger Awareness Diary

Use the Hunger Awareness Diary to help you find out how often you eat for reasons other than hunger. Rating your hunger and fullness before and after you eat will help you better understand what makes you stop and start eating.

Content adapted from Queensland H.E.L.P program



Hunger Awareness Diary

Day:

Date:

Time	Before Eating			Food Eaten	After Eating	
	Where are you eating? Who are you eating with	Thoughts and feelings before you eat	Hunger Before Eating (Hunger Scale 1-10)		Hunger/fullness after eating (Hunger scale 1-10)	Do you feel satisfied? If not, what do you think would have satisfied you?