

THE HUNGER AND FULLNESS SCALE

By tuning into your body's natural hunger and fullness signals, you can learn to eat in a satisfying and balanced way, rather than being driven by external rules or restrictions.

At what point on the scale would you like to start and stop eating?



Practical Tips for Using the Scale

- Be patient: It takes time to relearn how to listen to your body. Be gentle with yourself as you practice.
- Avoid skipping meals: Letting yourself drop to a 1 or 2 can lead to overeating later. Keep healthy snacks on hand to prevent extreme hunger.
- Stay present: Try to eat without distractions like TV or scrolling on your phone. This allows you to notice your hunger and fullness cues more clearly.
- Reflect after eating: Ask yourself how you feel 15–20 minutes after a meal. Did you stop at a level that feels good for your body?