

HUNGER AND FULLNESS AWARENESS CHART

0	Starving!
1	Want to eat anything!
2	Preoccupied with hunger
3	Hungry and increased urge to eat.
4	A little hungry.
5	Neutral; not hungry or full.
6	Not hungry; sense of food in stomach.
7	Hunger is gone.
8	You've eaten quite bit.
9	Starting to feel uncomfortable.
10	Very uncomfortably full or even painful.

For more information:
Go to
www.unh.edu/dining
then click on
"Nutrition:"

HOW TO USE IT:

Rate your hunger before you eat and again right after you eat. Recognize the level of hunger or fullness that YOUR body is feeling just before and just after you eat.

HERE IS WHY:

-Improve awareness of your body's internal signals for your own eating pattern.

-Listen to what your body is telling you about hunger or fullness vs. external signals such as the clock or identifying foods as "good" and/ or "bad" foods.

-Enjoy eating and enjoy flexibility of choices.

-Find your own personal eating pattern.

-Help to reduce food waste (take what you'd like, but eat what you take! - - - and base that on your Hunger/Fullness Awareness Chart!

TIPS:

-Generally eat when you're at a "3" and generally stop eating when you're at a "6 or a 7".

-Learn to recognize how your body feels at each level.

-Getting too low on the chart (feeling too hungry) can lead to overeating or eating too fast, which could leave you at the other end of the chart (uncomfortably full).