

Practice mindful eating and stop at 80% full.

The Hunger Scale



1	2	3	4	5	6	7	8	9	10
Starving and feeling weak/dizzy.	Very hungry, irritable, low energy, large amounts of stomach growling.	Pretty hungry, stomach is beginning to growl.	Beginning to feel hungry.	Satisfied, neither hungry nor full.	Slightly full/pleasantly full.	Slightly uncomfortable.	Feeling Stuffed.	Very uncomfortable, stomach aches.	So full you feel sick.

← **AVOID** → ✓ ✓ ✓ ✓ ← **AVOID** →