



7-Point Hunger Scale

Use this scale to rate your hunger. Or use it to help identify what being hungry feels like. Generally speaking, you'll want to eat somewhere between level 2 and 3 and stop around level 4. Sometimes it takes several minutes for your brain to register hunger. So if you're thinking of seconds, wait, rerate, and then decide.

- 7 Very stuffed. You may feel you need to lay down. Your stomach may hurt.
- 6 Uncomfortably full. It's hard to move fast. You may need to loosen your clothes.
- 5 Full. A little uncomfortable. You wish you'd stopped a little sooner.
- 4 Just right. You're no longer hungry, but you're not uncomfortable. You might be able to eat a little more, but that would move you into "very full".
- 3 Slightly uncomfortable. You're aware of a feeling of emptiness in your stomach. You may have some stomach rumbling. You may be starting to find it hard to concentrate, but it's not too bad yet.
- 2 Pretty uncomfortable. Your stomach may be rumbling. You may feel irritable. It may be hard to concentrate.
- 1 Very uncomfortably hungry. You may feel any or all of the symptoms of #2, plus weakness and light-headedness. Your stomach rumbling may have turned to a burning sensation.