HOW HUNGRY AM I?

- Gauge your hunger on a scale of 0-10
- Practice identifying your actual hunger before, during and after you eat

Hunger Gauge

0—Famished
1—Extremely Hungry
2—Hungry
3—Slightly Hungry
4—Almost Satisfied
5—Satisfied/Neutral
6—Satiated
7—Almost Full
8—Full
9—Very Full
10—Stuffed

HUNGER GAUGE & METER

Embrace your hunger!

HUNGER METER

Practice eating to stay within this range.

Adapted with permission from Sondra Kronberg, RD. Eating Disorder Associates. Floral Park, NY.