

Hunger-Fullness Continuum

1. You are wobbly and dizzy. You can hardly think. Most people have to go all day without food to get close to being at 1.
2. You are still very hungry. You are irritable and cranky.
3. You are very hungry, on the verge of a “starving” feeling.
4. You could definitely eat, but you’re not on the verge of collapse. The urge to eat is strong.
5. You are only a little hungry. Your body is sending messages that you might want to eat.
6. You’re not hungry, not satisfied...neutral. If you stop eating now you will need to eat again in 1 ½ to 2 hours.
7. You are a notch past being neutral. You could definitely eat more.
8. You are feeling more satisfied...getting full. If you stopped here you would need to eat again in 4 to 4 ½ hours.
9. You are quite satisfied, full in fact. If you stopped here you would be sustained for 5-6 hours.
10. You are becoming uncomfortable. You could force down another three bites though your body no longer wants anything.
11. Your body is screaming, “get me out of here!” This is no fun anymore. If you eat any more, you’ll POP!!