



Hunger/Fullness Scale

Be mindful of your eating by rating your hunger mid-way through a meal. This will help you become more aware of just how hungry you really are and can help you avoid overeating.

It is best to stay between 3 and 7 on the scale.

Rating	Feeling
10	Physically uncomfortable feeling of fullness or sick
9	Stuffed and uncomfortable
8	Too full or somewhat uncomfortable
7	Full, but not yet uncomfortable
6	Filling up, but still comfortable
5	Neutral – neither hungry nor full
4	Slightly hungry, but you can still wait to eat
3	Hungry, but not yet uncomfortable (hungry enough to eat an apple or another food you feel neutral about)
2	Very hungry, irritable, or anxious
1	Starving, feeling weak, lightheaded, or dizzy

Developed by Department of Veterans Affairs' MOVE!® weight management program for veterans. Used with permission.

WELLNESS
CHANGES
EVERYTHING

