

Get healthy hunger scale



Hunger and appetite awareness

Many of us eat when we are **too** hungry and then eat past the feeling of being comfortably full.

Rate your hunger levels before and after you eat by using the following scale. Make sure you eat with the initial signs of hunger (level 3) and only eat to be satisfied (level 5).

The Get Healthy Information & Coaching Service® is a NSW Health *Live Life Well* Initiative.

Hunger Scale	
1	Incredibly hungry (starving, dizzy, irritable)
2	Hungry (feeling ready to eat)
3	Initial signs of hunger (slight pangs)
4	Neutral (not full or hungry)
5	Satisfied (feeling comfortable)
6	Full (feel like you have overeaten)
7	Overfull (feeling sick)