

## HUNGER & FULLNESS SCALE

### What is a Hunger & Fullness Scale?

The hunger and fullness scale is a tool that helps you tune into your body's natural signals, fostering a more mindful approach to eating. It's typically a numerical scale from 1 to 10, where 1 represents extreme hunger and 10 represents extreme fullness. The goal is to start eating when you're moderately hungry (around a 3 or 4) and stop when you're comfortably satisfied (around a 6 or 7). This practice encourages you to listen to your body, helping you make better food choices, avoid overeating, and build a healthier relationship with food.

### How to implement the Hunger & Fullness Scale?

Using the hunger and fullness scale throughout the day can help you stay in tune with your body's needs. Here are key moments to check in:

- 1. Before Meals:** Assess your hunger level to determine if you're truly hungry or just eating out of habit or emotion.
- 2. During Meals:** Midway through your meal, pause and reassess your hunger and fullness levels. This helps prevent overeating and encourages mindful eating.
- 3. After Meals:** Check your fullness level to ensure you're comfortably full, not overly stuffed.
- 4. Between Meals:** If you feel the urge to snack, use the scale to decide if you're actually hungry or just looking for a distraction or comfort.

By consistently checking in with the hunger and fullness scale, you can foster a balanced, intuitive eating pattern and develop a healthier relationship with food.

