

# The Hunger-Satiety Scale

Use this Hunger-Satiety Scale to get in touch with your hunger cues and to know when it's time to start or stop eating. It is best to stay within the green zone, 4-7, at all times.

**10 -- Extremely stuffed, nauseous**

**9 -- Stuffed, very uncomfortable**

**8 -- Overfull, somewhat uncomfortable**

**7 -- Full but not uncomfortable**

**6 -- Satisfied, but could eat a little more**

**5 -- Starting to feel hungry**

**4 -- Hungry, stomach growling**

**3 -- Uncomfortably hungry, distracted, irritable**

**2 -- Very hungry, low energy, weak and dizzy**

**1 -- Starving, no energy, very weak**

## When It's Time to Start Eating

It is best to eat when you reach a 3-4, so try not to let yourself get to a 1-2. If you get too hungry, you are more likely to overeat and make poor choices. Always keep healthy snacks available, especially while running errands, to tide you over until your next meal. Good choices for snacks include whole fruit, nuts, hard-boiled eggs, veggies and hummus, or plain yogurt with fruit.

## When It's Time to Stop Eating

It is best to stop eating when you reach a 6. Within 15-20 minutes, you will likely be at a 7, full but not uncomfortable. To reduce the temptation of overeating, keep serving dishes on the counter rather than on the dinner table, ask for a to-go container at restaurants with large portions, and always ask yourself where you are on the hunger scale before you grab a snack or go back for seconds.