

Practice mindful eating and stop at 80% full.

The Hunger Scale



Starving and feeling weak/dizzy. Very hungry, irritable, low energy, large amounts of stomach growling. Pretty hungry, stomach is beginning to growl. Beginning to feel hungry. Satisfied, neither hungry nor full. Slightly full/pleasantly full. Slightly uncomfortable. Feeling Stuffed. Very uncomfortable, stomach aches. So full you feel sick.

← **AVOID** → ✓ ✓ ✓ ✓ ← **AVOID** →