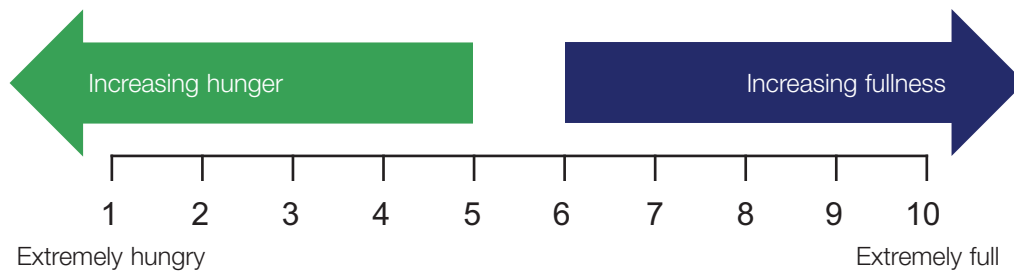




Hunger and Fullness Tool



The Hunger and Fullness Scale

The Hunger & Fullness Scale is a simple way for you to monitor how hungry or full you are at any point in time, especially just before and just after your meals or snacks. The scores are based on a scale that goes from 1-10. 1 is really, really hungry what we sometimes describe as 'starving' although of course we're not starving. 10 is really, really full which we sometimes describe as 'bursting or stuffed'.

Normal healthy eating means that you avoid allowing yourself to get to the 1 or the 10 levels at either end of the Hunger and Fullness Scale. It means managing your eating around the middle of the scale so that your scores may drop to 3 or 2 at the lowest before you eat and to an 8 or 9 at the most after your meal. Aim for your range of eating to be mostly from a hunger score of 3 to a fullness score of 8.

Knowing when you are genuinely hungry and comfortably full

If you are not in the habit of thinking about how hungry or full you really feel you may wonder what healthy normal hunger and fullness feel like. Healthy hunger is when you feel in your stomach a physical need for food and it goes away when you eat. When you want to eat but are not genuinely hungry it may feel more like a desire for a particular food, something sweet to give you a boost or it might feel like boredom or just a desire for a distraction or comfort. Often eating for the wrong reasons doesn't leave you feeling any better so learn to identify what you really want; it may not be food at all, but actually sleep or a drink of water or to deal with some emotional feelings.

Healthy fullness is a pleasant, comfortable feeling. Healthy fullness will not leave you feeling stuffed, bloated or sleepy or finding it difficult to move. If you experience these things when you have eaten then you have overeaten so learn to stop eating well before you get to that stage. Eating more slowly and using your Hunger and Fullness Scale can help you.

Using the Hunger and Fullness Scale

The key to using the Hunger and Fullness Scale is to get to know what the different levels of hunger and fullness feel like for you. The best way to do this is to track your Hunger and Fullness Scores for a few days by checking before your meal how hungry you feel and afterwards how full you feel and log the scores in the Hunger and Fullness Scale Tool.

You may discover that when you were not thinking about your feelings of fullness and hunger, you ate too quickly and ate too much before you even realised.

So check your hunger and fullness scores and get to know yourself even better. Plan your meals in advance so that you can stay in control. Have some healthy snacks available to avoid letting yourself become over-hungry. Eat slowly and enjoy your food so that you can feel yourself becoming full and stop eating when you are comfortably full. Try reducing your portion sizes, you may find it leaves you feeling just as satisfied as larger portions did.

