

HOW DO

YOU KNOW

YOU'RE
FULL?



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HUNGER AND FULLNESS SCALE

2. EXTREMELY HUNGRY

- MOODY
- HEADACHE
- GNAWING EMPTINESS IN THE STOMACH

4. "I COULD EAT"

- STOMACH FEELS SLIGHTLY EMPTY
- START TO THINK OF FOOD ACTIVELY

5. NEUTRAL

6. MILD FULLNESS

- STOMACH FEELS FULL
- MAY NOT BE SATISFIED

8. UNCOMFORTABLY FULL

- YOU FEEL SLIGHTLY UNCOMFORTABLE
- VERY FULL
- DON'T WANT TO EAT ANYMORE

10. PHYSICALLY ILL

- BINGE EATING FULL
- NAUSEOUS AND SICK
- FOOD COMA
- NO DESIRE FOR FOOD

1. RAVENOUS

- MAY FEEL DIZZY OR NAUSEOUS - FEEL ILL
- CAN'T CONCENTRATE
- MIGHT BE MOODY - HANGRY
- TOTALLY EMPTY

3. HUNGRY

- STOMACH GROWLING
- NEED ENERGY
- READY TO EAT IF FOOD PRESENTED

NORMALLY START EATING AT 3 OR 4 AND STOP ABOUT 7*

REMEMBER HUNGER ISN'T JUST THE STOMACH - CHECK IN ON YOUR MOOD, ANY HEADACHES ETC. AS WELL AS DESIRE TO EAT

7. SATISFIED

- "IF I EAT ANYMORE I'LL FEEL UNCOMFORTABLE"
- COMFORTABLY FULL

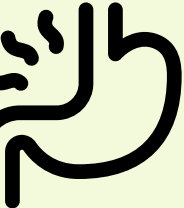
9. STUFFED

- CHRISTMAS FULL
- MAY NEED TO UNBUTTON PANTS
- BLOATED



*varies by person

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- TAKE A SCREENSHOT / PRINT THE SCALE TO USE AS YOU NEED
- ADD NOTES AS TO WHAT EACH SENSATION FEELS TO YOU
- FOR MOST START EATING AT 3 OR 4 AND STOP ABOUT 7
- YOU WILL GET IT WRONG, SOMETIMES HITTING A 1 OR 2 WHERE YOU'RE BUSY, OR HITTING 8 OR 9 BEFORE CHECKING IN. IT HAPPENS
- SOMETIMES YOU'LL HAVE TO EAT WHEN YOU'RE EXPERIENCING A 4 OR 5 BECAUSE LIFE DICTATES SUCH A THING, AS LONG AS YOU'RE LISTENING TO YOUR BODY

**THE GOAL ISN'T TO 100% KNOW WHERE YOU'RE AT.
BUT TO TUNE IN AND TAKE NOTICE**

**NUMBERS WILL FEEL
SLIGHTLY DIFFERENT TO
EACH PERSON**

**YOU CAN USE THIS SCALE
THROUGHOUT THE DAY -
NOT JUST AT MEALTIMES**



**IT TAKES PRACTICE. AS
WITH ANY SKILL IT
WON'T BE EASY AT FIRST**

*IT'S A TOOL NOT A RULE! WE'RE MOVING AWAY
FROM FOOD RULES HERE. IF IT FEELS LIKE A DIET
MAYBE IT'S NOT FOR YOU, OR BEST USED WHEN
YOU FEEL READY TO.*