

# HUNGER/FULLNESS SCALE

*SKIP THE DIET. JUST EAT HEALTHY.*

There is a difference between satisfied and full...the challenge comes in finding that balance. It's important to take time to "listen" to your body and gauge what your stomach is telling you before and during meals. This will help you from overeating.

- › Wait to eat until you are at **level 3 or 4**. If you aren't going to be able to eat for three to four hours, eating when you are at **level 5** is ok.
- › Avoid being at **level 1 or 2** and have healthy snacks available in case you do!
- › Listen to your stomach when eating. Remember that it takes up to 20 minutes for body to send feedback signals that you're full and it's time to stop eating. Eat slowly and enjoy your food!
- › When eating a meal, once you reach **level 7**, it's time to stop. If there's food on your plate, that's ok! Wrap it up and save it for leftovers. Or remember that it's better to be a little wasteful than waist-ful.
- › It takes time and practice to gauge where you are on the Hunger/Fullness Scale, but with anything, the more you practice, the easier it will get.

<b>10</b>	Absolutely stuffed!
<b>9</b>	Very full - could NOT go for a walk right now.
<b>8</b>	Uncomfortably full, but may eat a little more.
<b>7</b>	Full and beginning to overeat.
<b>6</b>	Stomach says, "I am no longer hungry."
<b>5</b>	Stomach isn't saying anything.
<b>4</b>	Would like to eat now, but could wait.
<b>3</b>	Stomach is growling.
<b>2</b>	Headachy, irritated from lack of food.
<b>1</b>	Starved, so hungry I could eat anything.

## SNACK OPTIONS

- Apples with peanut butter
- Hummus (or other low-fat dip) and vegetables
- String cheese (or any kind of low-fat cheese) and whole-grain crackers
- 100-calorie packs of popcorn, crackers, or simple cookies
- Sugar-free cocoa with an added splash of skim milk
- Rice cakes with nut butter (nut butter can usually be found in the organic aisles or with the peanut butter at most grocery stores)
- Whole-grain toast with nut butter
- Pear with reduced fat cheese
- Low-sugar yogurt and fruit
- Low-sugar yogurt and whole-grain cereal or crackers
- Hard-boiled egg and a small glass of juice
- Small glass of skim milk and graham crackers
- Low-sugar granola or cereal bar
- Mini whole-wheat bagel and soft cheese
- Small container of natural applesauce and a handful of nuts
- Dried fruit and nuts