

Hunger Scale

Most of us eat when we aren't hungry some of the time. Instead of listening to our body's sign of hunger, we eat for other reasons. Sometimes we start eating because it's time to eat, or it's our favorite food. Sometimes our feelings trigger us to eat when we aren't hungry.

For some of us, once we start eating, it is hard to stop. Overeating may be a habit, but overeating can also be triggered by our feelings, the great taste of a favorite food or watching TV while eating.

Try listening to your body's signs of hunger and fullness. Use the HUNGER SCALE to make a note of your hunger before you start and right after you stop eating. Write down how hungry you feel before you start eating – very hungry, hungry, not hungry, and then how you feel when you stop eating – satisfied, full, or stuffed.

The goal is to learn to eat only when you are hungry and to stop when you are satisfied. This takes practice. Try to be honest with yourself and in touch with your feelings of hunger and fullness.

