

# Are you hungry?

Are you really hungry or do you just think you are? Use this handy hunger scale to reconnect with your body's signals. To avoid overeating, rate your hunger on a scale of 1 to 10:

So full you feel sick

10

Very uncomfortable, stomach hurts

9



Feeling stuffed

8

A little uncomfortable

7

A little full, pleasantly full

6



**Stop eating when you reach 5 or 6.**

5

Satisfied, neither hungry nor full

**Eat when your hunger is at 3 or 4.**

4

Starting to feel a little hungry

3

Pretty hungry, stomach is growling a little

Starving, weak, dizzy

2

Very hungry, cranky, low energy, lots of stomach growling

1



## Hungry at bedtime?

Consider a healthy bite light enough to avoid heartburn, but satisfying enough to keep hunger pangs from waking you in the wee hours.



PeaceHealth

[peacehealth.org/healthy-you](http://peacehealth.org/healthy-you)

Source: HealthWise