

How hungry are you?

Use this scale to check in with your body before and after eating. The green zone is a good place to start and finish meals.

STARVING: You feel weak or dizzy and need to eat ASAP.

REALLY HUNGRY: You have low energy and are irritable.

UNCOMFORTABLY HUNGRY: Your hunger is becoming distracting.

HUNGRY: Your stomach's growling - time to eat!

GETTING HUNGRY: You're getting hungry, so it's a good time to eat.

SATISFIED: You're mentally satisfied, but could eat more.

PLEASANTLY FULL: You feel physically full, but not uncomfortable.

STUFFED: You feel like you couldn't eat another bite.

UNCOMFORTABLE: You've eaten more than needed and you're uncomfortably full.

FEELING SICK: You're not feeling well, and have nausea or stomach pains.