

Hunger/Fullness Scale

A TOOL TO HELP YOUR CHILD
RECOGNIZE THEIR HUNGER/FULLNESS
BEFORE, DURING, OR AFTER MEALS

- 1 **Starving** - You are so hungry you may be feeling dizzy, ill, or have difficulty concentrating.
- 2 **Hangry** - Your stomach is growling and you feel like you could eat everything in sight.
- 3 **Hungry**- you are hungry but not uncomfortable. You are ready to eat now.
- 4 **Slightly hungry**- you are noticing mild signals that you are starting to get hungry but can wait a little while.
- 5 **Neutral**- you are neither hungry or full.
- 6 **Filling up** - you are beginning to feel full but could eat a little more.
- 7 **Satisfied** - you are full but not uncomfortable. Hunger is gone.
- 8 **Too full** - you are starting to feel uncomfortable.
- 9 **Stuffed**- You feel uncomfortably full and need to loosen your belt.
- 10 **Holiday full**- so full that you almost feel sick.