



Hunger/Satiety Scale



0 1 2 3 4 5 6 7 8 9

ravenous neutral stuffed overfull



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Hunger and Satiety Scale

- 0 - Ravenously hungry.
- 1 - Feel like ordering everything on the menu.
- 2 - Preoccupied with hunger, everything on the menu looks good.
- 3 - Feel hungry and the urge to eat is strong.
- 4 - Feel a little hungry. Can wait to eat.
- 5 - Neutral, not hungry, not full.
- 6 - Sense food in your belly, could eat more.
- 7 - Hunger is gone. If you stop here, you may not feel hungry for 3 to 4 hours.
- 8 - Not uncomfortable, definitely full belly.
- 9 - Moving into uncomfortable.
- 10 - Very uncomfortable, maybe even painful.

Source: Karin Kratina, Moving Away From Diets Adapted for A New You by Wellness IN the Rockies and Univ. of Wyoming Coop. Extension Service, Family & Consumer Sciences. IFAFS award 0004499, USDA. www.uwyo.edu/winthetrockies

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