



THE HUNGER SCALE

LEVEL	TYPE	DESCRIPTION	ACTION
0	Hunger disappearance	Common in people who have been on repeated diets as the brain suppresses the “pain” of hunger after chronic malnourishment. You are so hungry you do not feel hungry anymore.	IMPROVE
1	Severe hunger	Uncontrollable hunger, wishing to eat everything in sight incredibly fast. Often associated with feelings of weakness, shakiness and fatigue.	AVOID
2	Strong hunger	Intense hunger, any food can seem appetising and often leads to a consumption of high calorie, low nutrition foods.	AVOID
3	Regular hunger	A snack would not be enough here, your stomach may be growling, and food seems appetising, yet you can still make healthy choices.	AIM
4	Light hunger	You’re slightly hungry, but you could choose to eat or not. A small snack would suffice.	AIM
5	No hunger	A neutral feeling; neither full nor hungry.	AIM
6	Light fullness	You’ve taken a few bites past the point of no hunger, but you are not yet feeling full.	OCCASIONALLY
7	Fullness	You don’t feel any discomfort, but your stomach feels tight, and you can tell you’ve eaten a bit too much.	OCCASIONALLY
8	Strong fullness	You feel heavy and lethargic after the meal, you have definitely eaten too much but you don’t yet feel nauseous.	AVOID
9	Severe fullness	You are in pain or discomfort; you feel nauseous and without energy.	AVOID