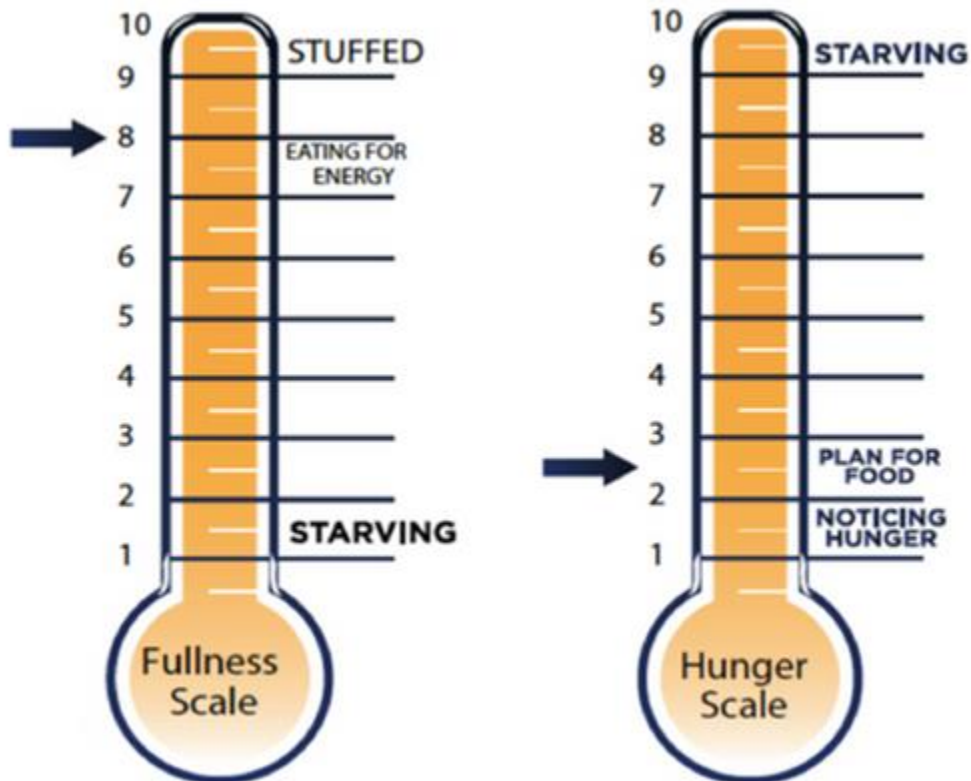


THE HUNGER SCALE



Honoring Your Hunger and Your Fullness

If you want to build healthy habits around food, WHAT you eat is only part of the big picture. You also have to look at:

- HOW you eat
- WHO you are being when you eat
- Do you eat when you're not actually hungry?
- Do you eat too little or too much?

How-to Honor Hunger?

- Tune into your internal signal that your body needs nourishment
- Recognize hunger—learn to spot the signs and signals from your body
- Create an intuitive inner hunger scale ranging from 1-10

- 1 is just starting to notice hunger, 10 is feeling famished
- Start to plan for food when you are at a 2

How-to Honor Fullness?

- Create a fullness scale ranging from 1-10
 - 10 is feeling totally stuffed, 1 is still feeling famished
- Aim for an 8 on the fullness scale—nourished and energized, satiated but not stuffed.

The Hunger and Fullness Scales make logical sense. So, start planning your food when you are at level 2 on the Hunger Scale and stop eating your food when you are at level 8 on the Fullness Scale. Here's the problem—most of us habitually eat beyond fullness. So, let's create some new habits around honoring your hunger and fullness.

1. Start planning WHAT and WHEN to eat when you are at a level 2
2. Eat high-energy foods that your body will want to eat
3. Eat for energy (level 8 on the Fullness Scale)
4. Make a physical gesture that your meal is complete by pushing your plate away, putting a napkin over it, or crossing your silverware.
5. Declare out loud to yourself, or whoever you are eating with, that you are full. This will dissuade you from eating more because you've already announced that the meal was complete for you.
6. If you're eating out, ask your server to box up the leftovers so it's not calling you.

My Intuitive Inner Hunger & Fullness Scale

This week, I'll prepare for food when my Inner Scale is at: _____.

This week, I'll practice completing my meal when my Inner Scale is at: _____.