

# Hunger and Satiation Scale

|              |  |
|--------------|--|
| HUNGER LEVEL | 1. I feel comfortable – I have no need for food. |
|              | 2. I feel peckish.                               |
|              | 3. I feel moderately hungry.                     |
|              | 4. I feel very hungry.                           |
|              | 5. I feel ravenous.                              |
|              | 6. I feel weak and light-headed.                 |

The best time to eat is between Level 3 and 4.

|                 |   |
|-----------------|---|
| SATIATION LEVEL | 1. I feel about 70 percent full.  |
|                 | 2. I have had elegant sufficiency (80 percent full). In other words, I am pleasantly satisfied. |
|                 | 3. I feel full.   |
|                 | 4. I feel overly full.  |
|                 | 5. I feel bloated.  |
|                 | 6. I feel like throwing up!   |

The ideal time to stop eating is at Level 2. Within 20 minutes you will feel you have definitely had enough. This is the time it takes for the satiety signals from your digestive tract to reach your brain.