

HUNGER/FULLNESS SCALE

MaKai Nutrition LLC

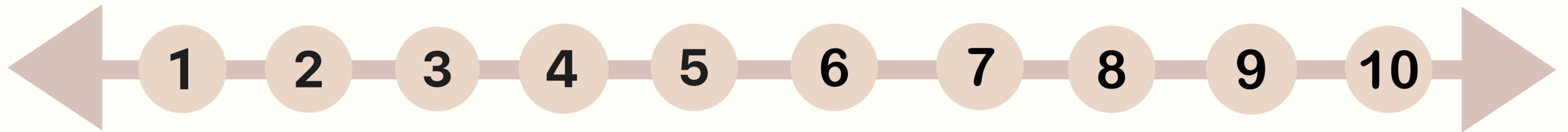
WHAT IS HUNGER?

- Characteristics of hunger:
 - Stomach, Head, Mood, Energy.

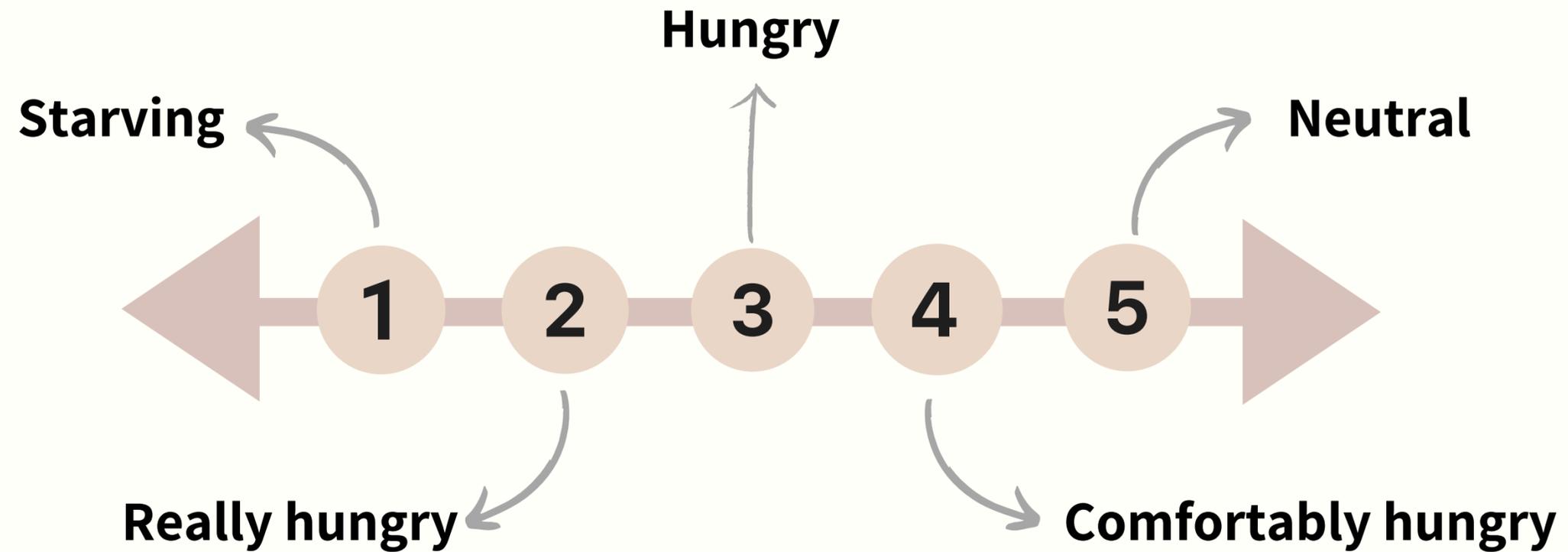
WHAT IS FULLNESS?

- Characteristics of fullness:
 - Stomach, Head, Mood, Energy.
- Complete satisfaction:
 - Body AND Mind

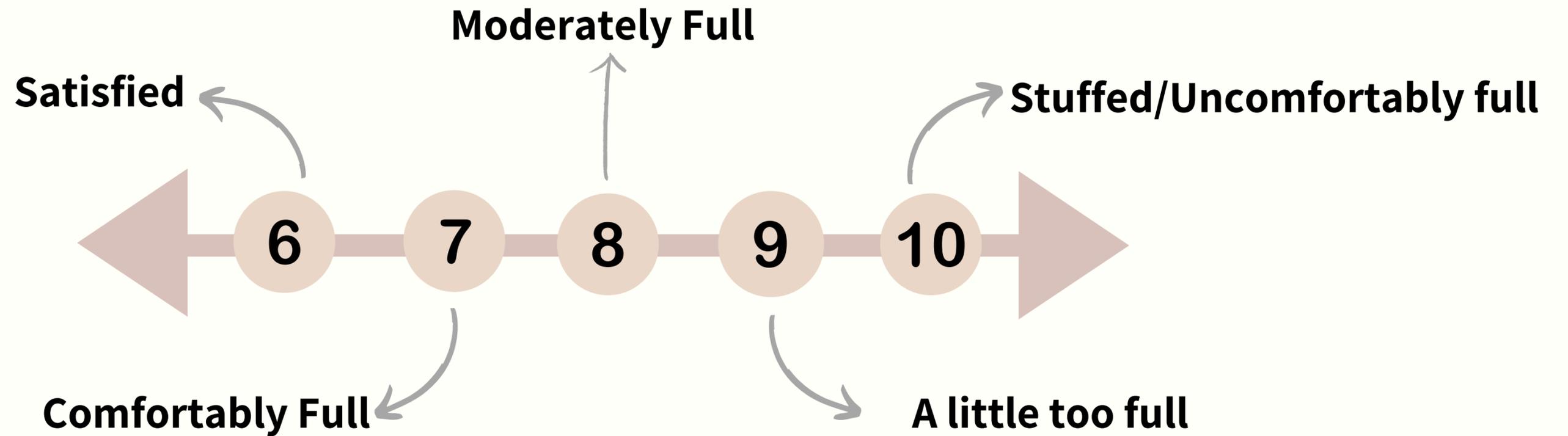
Hunger/Fullness Scale



Hunger Scale



Fullness Scale



Journaling Hunger/Fullness

Date	Meal	Time	Pre-Meal Hunger Level	Pleasant, Neutral, Unpleasant	Food Eaten	Post meal fullness level	Pleasant, Neutral, Unpleasant	Notes
<i>Example</i>	Lunch	12:30 PM	4, comfortably hungry	Pleasant	Burrito bowl with chips and pico	7- comfortably full	Pleasant!	I felt good after this! I had energy, felt just the right amount of full, and it was really tasty. 10/10 experience :)
<i>Example</i>	Dinner	7:30 PM	2, Really hungry	Neutral	Leftover pizza	9, a little too full	Unpleasant	My last meeting at work ran late, and so I skipped my afternoon snack. I then went to the gym, which I shouldn't have done without my snack. Then I got stuck in traffic and by the time I got home it was 7:30! I know I overate a bit on my leftovers because I was just starting to get too hungry. I didnt want to make food because I was a 2! That's okay though, I know this was a unique circumstance. Next time I know not to skip my snack, even if a meeting runs late! I should maybe put a few granola bars in my car too, in case I get stuck in traffic again.

Find this in your google drive folder

EXAMPLE

Breakfast:

Hunger: 3

Peanut butter toast x2 with banana + coffee

Fullness: 7

Snack:

Hunger: 4

Crackers with hummus

Fullness: 5

Lunch:

Hunger: 4

Turkey sandwich with strawberries and kettle chips

Fullness: 7

Snack:

Hunger: 4

Granola bar

Fullness 6

Dinner:

Hunger: 3

Torellini, side salad, garlic bread

Fullness: 8

EXAMPLE (SPOT THE ERROR)

Breakfast:

Hunger: 3

Peanut butter toast x2 with banana + coffee

Fullness: 7

Snack:

Hunger: 4

wait until lunch

Lunch:

Hunger: 2

Turkey sandwich with strawberries and kettle chips

Fullness: 9

Snack:

Hunger: 3

Carrots

Fullness: 4

Dinner:

Hunger: 1

Torellini, side salad, garlic bread

Fullness: 10

EXAMPLE (SPOT THE ERROR)

Breakfast:

Hunger: 3

Peanut butter toast x2 with banana + coffee

Fullness: 7

Snack:

Hunger: 4

wait until lunch

Lunch:

Hunger: 2

Turkey sandwich with strawberries and kettle chips

Fullness: 9

Snack:

Hunger: 3

Carrots

Fullness: 4

Dinner:

Hunger: 1

Torellini, side salad, garlic bread

Fullness: 10

EXAMPLE (SPOT THE ERROR)

Breakfast:

Hunger: 3

Peanut butter toast x1 with banana + coffee

Fullness: 5

Snack:

Hunger: 3

Crackers with Hummus

Fullness: 5

Lunch:

Hunger: 2

1/2 Turkey sandwich with strawberries

Fullness: 5

Snack:

Hunger: 3

Carrots

Fullness: 5

Dinner:

Hunger: 3

Torellini, side salad, garlic bread

Fullness: 10

EXAMPLE (SPOT THE ERROR)

Breakfast:

Hunger: 3

Peanut butter toast x1 with banana + coffee

Fullness: 5

Snack:

Hunger: 3

Crackers with Hummus

Fullness: 5

Lunch:

Hunger: 2

1/2 Turkey sandwich with strawberries

Fullness: 5

Snack:

Hunger: 3

Carrots

Fullness: 5

Dinner:

Hunger: 3

Torellini, side salad, garlic bread

Fullness: 10

GOALS TO RELEARN HUNGER AND FULLNESS

(AGAIN)

- Journal on your hunger status throughout the day
- **Eat 3 meals a day** + snacks
- Stay hydrated
- Keep snacks on hand
- Be mindful of time
- Eat to full physical AND *mental* satisfaction

REMINDER

Use curious awareness to learn about your hunger/fullness.

Judgments around your behaviors only continue to perpetuate the overeating/bingeing.



SO YOU ATE TO A 10

NOW WHAT

When beginning to get in tune with our hunger and fullness, if we pay attention we can notice patterns of when and why we may be overeating.



SO YOU ATE TO A 10

REFLECTIONS

What thoughts came to your mind before, during, and after you ate?

Did you pause during your meal to assess your fullness? Were you eating too fast?

What did you feel physically that told you you were full? Did you stop prematurely?

Were you distracted while you were eating? What effect did this have on your fullness?

Were you satisfied (physically and mentally) with the meal/ate you ate?

Are you feeling "extreme hunger" or "mental hunger"? If so, overeating may be persistent until balance and trust is back in your body.



REMINDER

You can always have more later



OVEREATING IS OKAY

STOP THE JUDGMENT

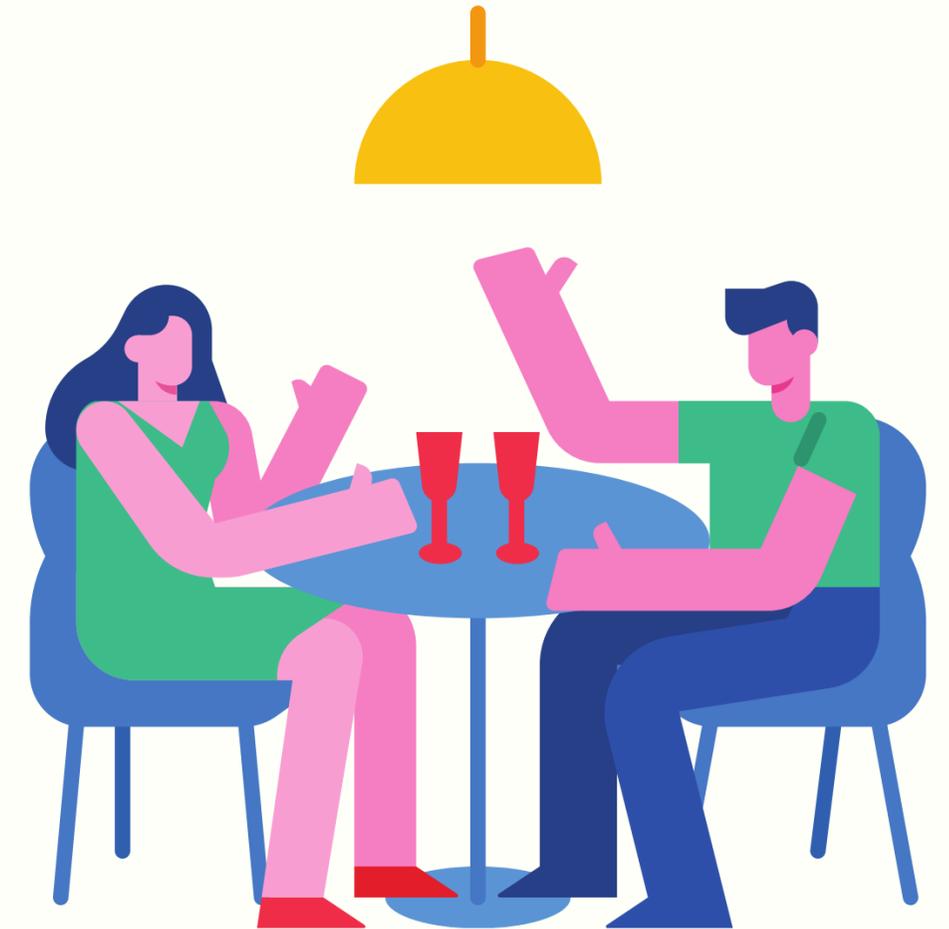
If I go out to eat, and I'm offered a free dessert but I'm already an 8, I will likely overeat a bit because I want the free dessert.

Sometimes taste gets the best of us.

Sometimes we NEED to overeat (if there will be a long time before we can eat again)

HOWEVER--overeating is uncomfortable, so remember you can take leftovers home, save some for later, or just have a taste in order to save you the pain of a 10.

If you're overeating a lot, use curious awareness to identify patterns, and move on.



Action Steps

Post in the community for accountability



JOURNAL ON YOUR HUNGER/FULLNESS

Think about where you are before, during, and after you ate. This will allow you to discover patterns.

REFLECT ON YOUR USUAL DAY TO DAY INTAKE

Use the reflections to discover what satisfied you vs what is not enough.

"What this enough? Not enough? or Too much?"

USE CURIOUS AWARENESS

Acknowledge the thought and learn from it rather than using judgment.

Questions? Thoughts?