

# The Hunger Ratings:

Take a look at the Hunger Ratings below – can you identify how you feel right now ? Try to avoid getting ravenously hungry and aim to eat when you reach -2 or -1 on the scale.

<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>0</b>
<b>Ravenously hungry</b>	<b>Very hungry</b>	<b>Quite hungry</b>	<b>Not hungry at all</b>

# The Satiety Scales:

Before you eat, think mindfully about how full you are and stop eating when you are 80% full. You should end a meal feeling satisfied, not over-loaded. Aim to stop at + 2 or + 3 on the Satiety scale.

<b>+1</b>	<b>+2</b>	<b>+3</b>	<b>+4</b>
<b>Unsatisfied</b>	<b>Quite Satisfied</b>	<b>Very satisfied</b>	<b>Over indulged.</b>
still hungry and could eat more	could eat more but I don't really need any more	feeling very comfortable and about 80% full	Feeling uncomfortable know that I have eaten too much