



<b>1</b>	<b>Extreme Hunger</b>	“I’ve gone <u>way</u> too long without eating food.” Cues that tell me this:	
<b>2</b>	<b>Over-Hungry</b>	“I could eat <u>anything</u> right now, even food that doesn’t make my body feel good.” Cues that tell me this:	
<b>3</b>	<b>Elegantly Hungry</b>	“I could eat something <i>substantial</i> now and I can still easily choose food that makes my body feel good.” Cues that tell me this:	
<b>4</b>	<b>Lightly Hungry</b>	“I could eat something <i>light</i> now (like a snack), but I could also wait a little bit longer.” Cues that tell me this:	
<b>5</b>	<b>A Bit More on the Hungry Side</b>	“If I’m in the middle of eating, I’m still a bit hungry and want to eat more.” Cues that tell me this:	“If I’m between meals I’m a bit hungry, but I’d be comfortable waiting a while more before eating.” Cues that tell me this: 
<b>6</b>	<b>A Bit More on the Satisfied Side</b>	“If I’m in the middle of eating I’m a bit satisfied, but not enough to stop yet.” Cues that tell me this:	“If I’m between meals, I’m fine without eating.” Cues that tell me this: 
<b>7</b>	<b>Lightly Satisfied</b>	“If I stopped now I wouldn’t be hungry, but I wouldn’t be full either. If I ate any more I would still feel comfortable.” Cues that tell me this:	
<b>8</b>	<b>Elegantly Satisfied</b>	“If I stopped now I would feel <i>comfortably full</i> . If I ate any more it would begin to be <i>too much</i> .” Cues that tell me this:	
<b>9</b>	<b>Over-Full</b>	“I feel <u>uncomfortably</u> full. I’ve eaten more than my body wants.” Cues that tell me this:	
<b>10</b>	<b>Extreme Fullness</b>	“I’ve eaten <u>way</u> more than my body can handle.” Cues that tell me this:	

Take action in the green (start eating at 3 or 4 and stop eating at 6 or 7). Slow down and pay attention in the yellow. Try not to get into the red.

**Some sensations/cues that may signify hunger/satiety:**

- Growling noise in stomach
- Rumbling feeling in stomach
- Empty sensation in stomach
- Gurgling in stomach
- Thinking about food
- Emotional sensitivity
- Strange taste in your mouth
- Dizziness
- Light headedness
- Faintness
- Low blood sugar
- Watering mouth
- Irritability (“hangry”)
- Difficulty concentrating
- Difficulty talking
- Physical weakness
- Fatigue
- Sleepy
- Lethargy
- Headache
- Trembling or shaking
- Tightness in stomach
- Nausea
- Anxiety
- Sad or teary
- Easily agitated

**What other physical, emotional, or cognitive sensation(s) come up predictably after you haven’t eaten for a while, that can be prevented by eating or disappear when you eat? Which ones come up predictably after you’ve eaten too much that can be prevented by not overeating or disappear after an hour or two after you stop eating?**