

## Getting to Know Your Hunger

To get in touch with the nuances of your hunger, it helps to check in many times throughout the day. A handy way to do this is by using a rating scale from 0 to 10, where 0 is painful hunger and 10 is painful fullness. Many researchers use a rating system like this when they are evaluating hunger and fullness issues (which is known as a *visual analogue rating*). This type of rating is also used for pain, when you are admitted to the hospital, because like hunger, pain is a subjective feeling. That’s why there is no right or wrong number, this is merely a method that helps you listen and become attuned to your hunger cues. The following chart gives qualitative descriptions of the 0 to 10 scale in more detail.

	Rating	Description of Hunger and Fullness Sensations	Overall Quality of Sensation		
			Pleasant	Unpleasant	Neutral
Over Hungry	0	Painfully hungry. This is primal hunger, which is very intense and urgent.		X	
	1	Ravenous and irritable. Anxious to eat.		X	
	2	Very hungry. Looking forward to a hearty meal or snack.	X		
Normal Eating Range	3	Hungry and ready to eat, but without urgency. It’s a polite hunger.	X		
	4	Subtly hungry, slightly empty.			X
	5	Neutral. Neither hungry nor full.			X
	6	Beginning to feel emerging fullness.			X
	7	Comfortable fullness. You feel satisfied and content.	X		
Over Full	8	A little too full. This doesn’t feel pleasant, but it has not quite emerged into an unpleasant experience.			X
	9	Very full, too full. You feel uncomfortable, as if you need to unbutton your pants or remove your belt.		X	
	10	Painfully full, stuffed. You may feel nauseous.		X	