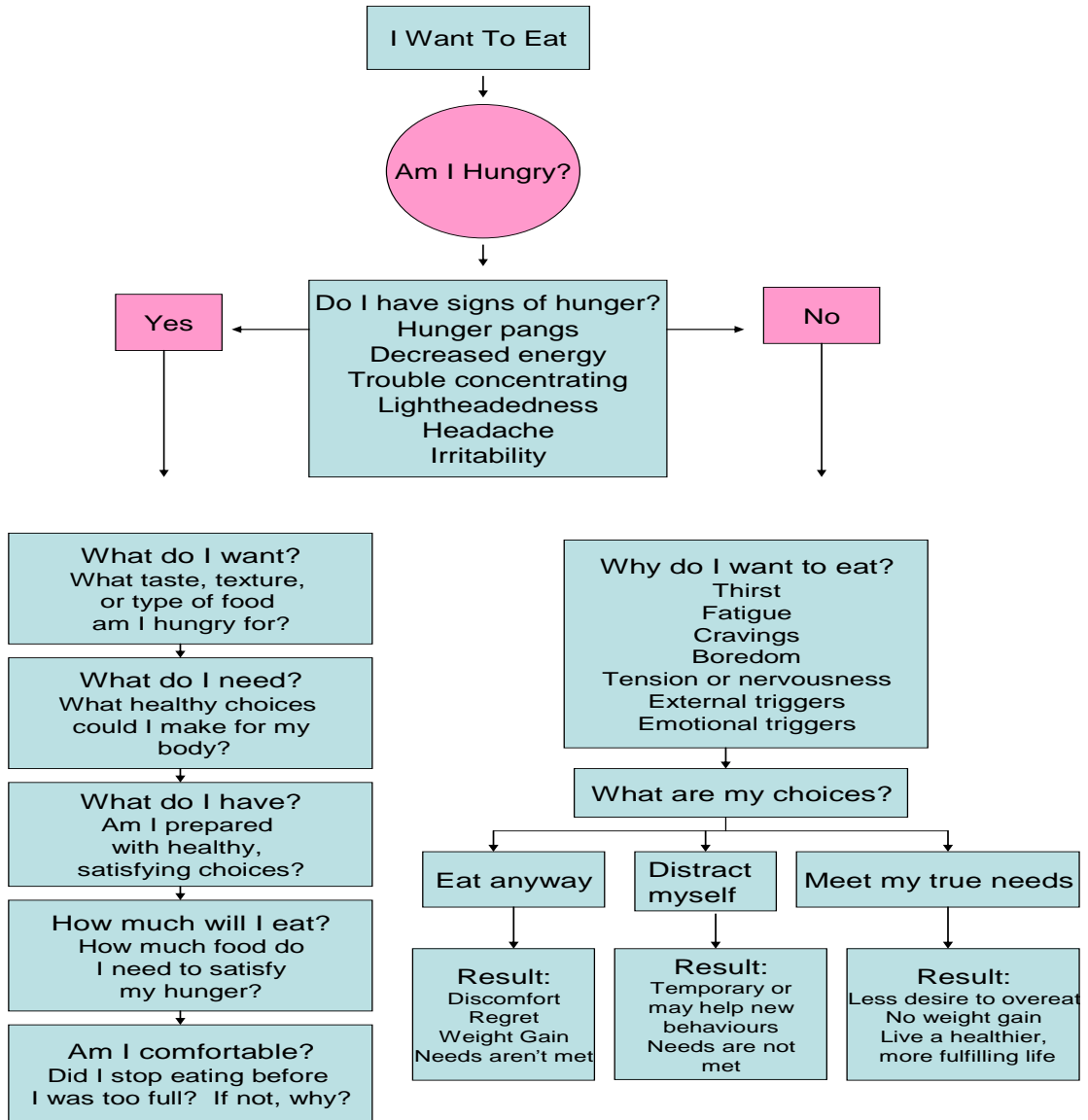


Recognizing Hunger Cues



Adapted from: May, M., Galper, L., Carr, J. *Am I Hungry? What to do when diets don't work.* 2005. Phoenix: Nourish Publishing. www.amihungry.com

Hunger and Fullness Scale

Ravenous	Starving	Hungry	Pangs	Satisfied	Full	Very Full	Discomfort	Stuffed	Sick
1	2	3	4	5	6	7	8	9	10