

<u>1</u>	Extreme Hunger	"I've gone <u>way</u> too long without eating food." Cues that tell me this:	
<u>2</u>	Over-Hungry	"I could eat <u>anything</u> right now, even food that doesn't make my body feel good." Cues that tell me this:	
3	Elegantly Hungry	"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:	
4	Lightly Hungry	"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:	
5	A Bit More on the Hungry Side	"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:
6	A Bit More on the Satisfied Side	"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:
7	Lightly Satisfied	"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:	
8	Elegantly Satisfied	"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:	
<u>9</u>	Over-Full	"I feel <u>uncomfortably</u> full. I've eaten more than my body wants." Cues that tell me this:	
<u>10</u>	Extreme Fullness	"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; stop eating at 7 or 8). Slow down and pay attention in the yellow. Try not to get into the red.

Some sensations/cues that may signify hunger/fullness:

- 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)?

