Hunger Scale

1	2	3	4	5	6	7	8	9	10
Ravenous	Starving	Very Hungry	Mildly Hungry	Neutral	Almost Full	Comfortably Full	Overly Full	Stuffed	Nauseous
Danger Zone			Stay in this range				Danger Zone		
Physically sick, dizzy, lightheaded, constant thoughts of food.	Empty stomach, irritable, moderate brain fog.	Not comfortable, could eat a large meal.	Just noticing hunger. Eat a snack now or a meal soon.	Neither hungry nor full.	Feeling food in your stomach, but not quite satisfied.	Perfectly Satisfied.	Ate a few bites too many; feeling slightly overly full.	Stomach is stuffed, and you're ready to relax for the next few hours.	Stomach is so full and in pain, and you probably feel very sick.

Edited by Kyla Sullivan

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