

HUNGER AND FULLNESS SCALE

- 1 Ravenous, painfully hungry
- 2 Starving, very hungry
- 3 Hungry but without urgency
- 4 Slightly hungry, slightly empty
- 5 Neutral. Neither hungry nor full
- 6 Beginning to feel fullness
- 7 Comfortably full
- 8 Very Full, stomach stretched
- 9 Uncomfortably full
- 10 Feel sick, painfully full

