

## Hunger & Fullness Definitions

1. **Starving** – Feeling of urgency and extreme hunger, “I want to eat everything in sight”. Physical signs: severe hunger pangs, feeling intolerable, shaky, lightheaded, weak, and/or sleepy. Thoughts: Obsessing about food.
2. **Ravenous** – Feeling overly hungry but not it is not intolerable. Physical signs: Pains in stomach, energy drained, lethargic, difficulty concentrating. Thoughts: Significant thoughts of food.
3. **Hungry** – I am hungry. Physical signs: Slight hunger pangs or twinges, mild discomfort. Thoughts: “I definitely want to eat but I feel in charge and know what foods will satisfy me”.
4. **Slightly Hungry** – I am not too hungry. Physical signs: Slight sensations in stomach, a bit of stomach growling. Thoughts: Mild food thoughts. “I know I will want to eat soon.”
5. **Satisfied** – Feeling neither hunger nor fullness. Physical signs: no physical sensations at all. Thoughts: Little or no thoughts of food. “If I eat now, food may not taste as good as I hoped it would.”
6. **Slightly Full** – Feeling a little full but could eat a bit more to feel satisfied. Physical signs: Slight sensations in stomach but feels too soon to stop eating. Thoughts: “I’m beginning to feel a bit more energized.”
7. **Full** – Feeling of fullness or satiety. Physical signs: Hunger pangs have disappeared, slight sensations in stomach but not painful, satisfied and peaceful, energy, a good feeling. Thoughts: Food begins to be a bit less appealing.
8. **Slightly Overfull** – Slightly uncomfortable. Physical signs: Stomach feels like it may be distended and feel slight pressure on stomach from clothes. Thoughts: “Perhaps I should have stopped eating a few bites sooner.”
9. **Overfull** – I am overfull. Physical signs: Physically uncomfortable, clothes feel tighter around stomach, drained, sleepy and bloated. Thoughts: “Why did I eat that much, now I feel uncomfortable.”
10. **Stuffed** – Beyond full. Physical signs: Physically uncomfortable, food no longer tastes good, no energy and feeling physically ill. Thoughts: “I ate much more than I feel was good for my body.”

Practice staying within your comfort zone. The more you are aware and practice the easier, more comfortable and familiar your hunger and fullness cues will become.