Live**Health**

How hungry am I?

Use this hunger scale to stay satisfied — not too hungry and not too full. If you eat when you're lightly to moderately hungry, you're more likely to stop when you're lightly to moderately full. But if you eat when you're ravenous or empty, you're more likely to overeat. The scale can also help you be more mindful about when to eat so you stay energized and feel your best.

Encode and a state balance and	HUNGRY	
Empty: uncomfortably hungry, stomach hurts, headache, hard to		
concentrate, fatigued, dizzy, weak, craving everything	U	Deveneurs have to concentrate law
	1—	 Ravenous: hard to concentrate, low energy, headache, craving everything,
Very hungry: stomach		beyond uncomfortable hunger
growling, stomach may hurt, desire to eat immediately,	<u> </u>	
starting to crave everything	2	Moderately hungry: increased
	3 —	 thoughts of food and desire to eat, stomach growling
Lightly hungry: starting to think about food, deciding what sounds	1	
good to eat, stomach starts to growl		
	5 —	Neutral: not hungry or full
Lightly full: satisfied, will likely	<u> </u>	
be hungry in one to three hours	U	
	7 —	Moderately full: satisfied, comfortable, will likely be hungry in two to three hours
Fully comfortably full, don't		with intery be mangly in two to three nours
Full: comfortably full, don't want to eat more, satisfied	— 8	
	0	Stuffed: uncomfortable, full,
	3	stomach may hurt
Sick: uncomfortably full,	— 10	
feel sick	FULL	Aim to stay in the moderate
	TULL	range (between 3 and 7)