

Your body is telling you what it needs, ***you just need to listen!***

We were all born with the innate ability to listen to our body's appetite. Hunger means eat more, and fullness means eat less. Over time we have been taught to override our hunger/fullness cues from how we were raised, set mealtimes, cultural and societal expectations, and through dieting.

*This worksheet is designed to help you get back in touch with your appetite so you can understand what your body is telling you.*

# GETTING TO KNOW YOUR APPETITE

## HUNGRY IS SO MUCH MORE THAN JUST A 'RUMBLING TUMMY'

As children, we are taught that a grumbling tummy means hunger. This is a simple feeling to teach and understand. However, there are many other cues our body gives us that signal it is time to eat soon or even immediately. Here are some other ways hunger can present. Can you think of some times you may have experienced these feelings? You may like to write them down below:

GRUMBLING  
TUMMY

---

THINKING OF  
FOOD

---

CRAVING

---

UNCONTROLLABLE  
SNACKING

---

GRUMPY

---

UNABLE TO FOCUS

---

FEELING STRESSED

---

LIGHT HEADED,  
SHAKY

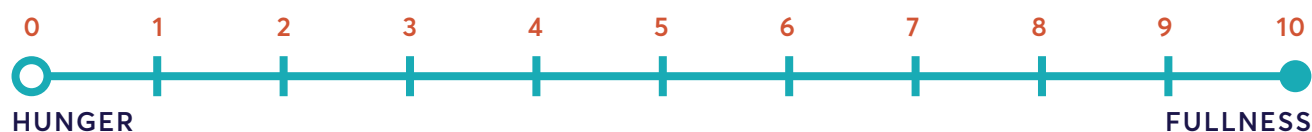
---

OVEREATING

---

## HOW TO USE THE HUNGER/FULLNESS SCALE

On the next page is a hunger/fullness scale. Ten represents fullness, and zero represents hunger.



*Consider the hunger cues on the previous page and write them next to each number you think most closely corresponds with how you are feeling, some situations that you may feel this way and how you act around food in this state.*

For example, you may find if you go shopping when you are a '2' on the hunger/fullness scale that you buy more snack foods than when you are at a '4'. Another tricky question you can ask yourself, is "how do I know I'm a three and not a four." You may not have an answer right away and that's okay. The rating worksheet is designed to help you learn more about your appetite, differentiate between numbers, and help you learn how long foods keep you satisfied for.

### HERE'S WHAT IT MIGHT LOOK LIKE

RATING	DESCRIPTION	YOUR WORDS	EXAMPLE SITUATION
1	Ravenous and irritable, anxious to eat.	E.g. Grumpy, stomach no longer grumbling, can't stop thinking of food – especially takeaway.	If I miss breakfast I usually am a 1 by 10am, then I find it hard to resist buying something from the café. Or if I missed lunch, I feel like this by the end of the workday and get takeaway on the drive home.
3	Hungry and ready to eat, but without urgency. A polite hunger.	E.g. Thinking of what I should eat soon or now. Stomach not quite grumbling yet - this usually happens at 2 - The goal is to teach you to listen to the PRE grumbling feelings as cues to eat. Not grumpy yet but thinking of food and looking at the clock a lot.	I feel like this an hour before lunch, but it feels too early to eat – sometimes I will start to snack.
9	Very full, too full. You feel uncomfortable, as if you need to unbutton your pants.	E.g. I feel lazy, tired and am burping, usually say no to dessert. I usually feel bad about eating too much unless it was Christmas or something.	When I eat out and I don't want to 'waste' food that I bought even though I know I'm full.  If I've had a bad day and I order too much takeaway.

## HUNGER / FULLNESS SCALE

	RATING	DESCRIPTION	YOUR WORDS	EXAMPLE SITUATION
OVERLY HUNGRY	0	Painfully hungry. This is primal hunger which is very painful and urgent.		
	1	Ravenous and irritable, anxious to eat.		
	2	Very hungry, looking forward to a hearty meal or snack.		
IDEAL EATING RANGE	3	Hungry and ready to eat, but without urgency. A polite hunger.		
	4	Subtle hunger, slightly empty.		
	5	Neutral, neither hungry nor full.		
	6	Beginning to feel emerging fullness.		
	7	Comfortable fullness, you feel satisfied and content.		
OVERLY FULL	8	A little too full, you feel uncomfortable. Not pleasant, but not necessarily unpleasant.		
	9	Very full, too full. You feel uncomfortable, as if you need to unbutton your pants.		
	10	Painfully full and stuffed, potentially nauseous even.		

## HUNGER RATING SCALE

To use the hunger rating scale simply write down what you ate, what time you ate it and your hunger score before/after your meal. Continue to score your hunger/fullness every 30 minutes until you eat your next meal. This may seem like a lot of work, but this can provide you with an abundance of useful information about yourself that you can use to your advantage for the rest of your life. For example, you may learn that high fat meals keep you fuller for longer, or that you overeat if you go more than four hours without eating. This can help you create a more personalised eating style that suits you. Or if you're limited on time, even measuring immediately before, immediately after, and then 30 minutes after can provide you some useful information. A nutritionist/dietitian can help you interpret your findings and give you suggestions on how to act on them.

### HERE'S AN EXAMPLE OF HOW IT MAY LOOK

MEAL (date, time, food eaten)	DURATION (mins after eating)	FULLNESS RATING	COMMENTS
<b>7:30 AM</b>  2 eggs, 2 toast with tomato	Immediately before	0 1 <b>2</b> 3 4 5 6 7 8 9 10	I ate this quickly so actually felt more full 30 mins later.  This breakfast kept me satisfied for a long time compared to my usual cereal.
	Immediately after	0 1 2 3 4 <b>5</b> 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 <b>7</b> 8 9 10	
	(1h) 60	0 1 2 3 4 5 <b>6</b> 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 <b>6</b> 7 8 9 10	
	(2h) 120	0 1 2 3 4 <b>5</b> 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 <b>5</b> 6 7 8 9 10	
	(3h) 180	0 1 2 3 <b>4</b> 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 <b>4</b> 5 6 7 8 9 10	
(4h) 240	0 1 2 <b>3</b> 4 5 6 7 8 9 10		
<b>11:30 AM</b>  Chicken wrap from cafe	Immediately before	0 1 2 <b>3</b> 4 5 6 7 8 9 10	The wrap was too big but I didn't want to waste it.
	Immediately after	0 1 2 3 4 5 6 7 <b>8</b> 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 <b>8</b> 9 10	
	(1h) 60	0 1 2 3 4 5 6 <b>7</b> 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 <b>7</b> 8 9 10	
	(2h) 120	0 1 2 3 4 5 <b>6</b> 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 <b>5</b> 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 <b>5</b> 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 <b>4</b> 5 6 7 8 9 10	
(4h) 240	0 1 2 <b>3</b> 4 5 6 7 8 9 10		
<b>5:00 PM</b>  Snacked on cheese & crackers from the pantry while making dinner	Immediately before	0 <b>1</b> 2 3 4 5 6 7 8 9 10	I was too busy for my afternoon snack and I ate too many crackers when I got home.  I still ate dinner.
	Immediately after	0 1 2 3 <b>4</b> 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 <b>6</b> 7 8 9 10	

# HUNGER RATING SCALE

MEAL (date, time, food eaten)	DURATION (mins after eating)	FULLNESS RATING	COMMENTS
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	

# HUNGER RATING SCALE

MEAL (date, time, food eaten)	DURATION (mins after eating)	FULLNESS RATING	COMMENTS
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	

# HUNGER RATING SCALE

MEAL (date, time, food eaten)	DURATION (mins after eating)	FULLNESS RATING	COMMENTS
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	

# HUNGER RATING SCALE

MEAL (date, time, food eaten)	DURATION (mins after eating)	FULLNESS RATING	COMMENTS
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	
	Immediately before	0 1 2 3 4 5 6 7 8 9 10	
	Immediately after	0 1 2 3 4 5 6 7 8 9 10	
	(0.5h) 30	0 1 2 3 4 5 6 7 8 9 10	
	(1h) 60	0 1 2 3 4 5 6 7 8 9 10	
	(1.5h) 90	0 1 2 3 4 5 6 7 8 9 10	
	(2h) 120	0 1 2 3 4 5 6 7 8 9 10	
	(2.5h) 150	0 1 2 3 4 5 6 7 8 9 10	
	(3h) 180	0 1 2 3 4 5 6 7 8 9 10	
	(3.5h) 210	0 1 2 3 4 5 6 7 8 9 10	
	(4h) 240	0 1 2 3 4 5 6 7 8 9 10	