

Hunger Scale

1	2	3	4	5	6	7	8	9	10
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Figure 1: Hunger Scale

1. Beyond hungry: You may have a headache. You cannot concentrate and feel dizzy. You may have trouble with coordination. You are totally out of energy and very likely have a low blood sugar level. This often happens when meals are skipped or very little food or protein is eaten.
2. You cannot seem to tolerate anything. You are irritable and cranky and very hungry, with little energy (again, also a sign or symptom of low blood sugar). You may even feel nauseous.
3. The urge to eat is strong. You are feeling emptiness in your stomach. Your coordination begins to wane.
4. You start to think about food. Your body is giving you the signal that you might want to eat. You are a little hungry.
5. Your body has enough fuel to keep it going and is physically and psychologically just starting to feel satisfied.
6. You are fully at the point of satisfaction.
7. You are past the point of satisfaction, yet you can still find room for a little more. Your body says “no” and your mind says “yes” to a few more bites.
8. You are actually starting to hurt. Maybe you should not have had more, but it tasted so good. Or, did you get caught up in the eating-is-the-thing-to-do syndrome because all of the activity was centered around food?
9. The after-effects feel really uncomfortable. Maybe you did not eat all day to leave room for this meal and you feel heavy, tired, and bloated. You no longer feel like socializing; you would rather be by yourself or go to bed. Did you miss out on the socializing because you felt focused on the food?
10. Beyond full: This is a typical Thanksgiving Dinner feeling. You are physically miserable, do not want to or cannot move, and feel like you never want to look at food again.

Adapted from *You Count, Calories Don't*, Ominchanski, L. (1992)



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