



Wellness Buddy Tip

Providing support and guidance to make the
“healthy choice the easy choice.”

Healthy Community Healthy People Program
Jackson County Health Department

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Hunger vs. Fullness

Your body communicates the need for food and fluid through feelings of hunger and fullness.

Hunger is a compelling need or desire for food.

Fullness is being completely filled or containing all that can be held.

Can you recognize your body’s ability to communicate hunger and fullness? Do you frantically scramble for the first snack or meal that is convenient? Do you stop eating when you are full or do you forget to pay attention and keep eating until you feel uncomfortably “stuffed?”

Have you ignored the signals over the years and now eat simply out of habit? Or do you try to find emotional comfort from foods?

You can “relearn” your ability to recognize personal signs of hunger and fullness using this 10 point scale.

Record your level of hunger before and after you eat.

Scale of 1 -10

1=(starving!) - 10=(stuffed!)



Are you starved or stuffed?

1. You're dizzy and unable to think clearly. "I'm going to pass out if I don't eat RIGHT NOW!"
2. You're very irritable, and your stomach feels like a deep, dark hole. Where IS that food?
3. You NEED to eat, but you are not going to pass out...at least not yet!
4. You feel a little hungry, and your body is sending signals to fuel your body.
5. Your stomach is in neutral. If you stop eating right now, you will need more energy or food within 2 hours.
6. Your stomach knows that food (fuel) has arrived, but you still want to eat more.
7. Your stomach is getting full now. If you stop eating, you will not need more food until about 4 hours later.
8. You are full, and that “deep, dark hole” has now been filled to the top!
9. Your stomach is completely stretched to the point of discomfort, and one more mouthful may not even fit!
10. Help! Fuel overload! You really cannot eat even one more bite.

To begin you may not be able to differentiate between a “3,” “5,” or “7” but slowly you will begin to notice a change as you start to become more aware of your body’s signals.

You will begin to have greater control over food choices rather than choices controlling you.

Special points of interest:

Skipping meals:

- Lowers the rate at which your body burns calories
- Body fat is protected
- Muscle tissue may be used for energy if enough calories aren't provided
- Enzymes may be made that encourage your body to store body fat from calories from the next meal you eat
- Cravings for fats/sugars will increase



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