

## DETERMINE YOUR LEVEL OF FULLNESS

**Do you NEED BODY FOOD v. Do you WANT MIND FOOD ?**

This is part of my Intuitive and Mindful Eating Program.  
If you would like to learn more about this way of eating, please contact me.

## The Hunger and Fullness Ruler

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Ravenous	Starving	Hungry	Pangs	Satisfied	Full	Very full	Discomfort	Stuffed	Sick

- How full are you ?
- How does your stomach feel ?
- Can you feel the food ?
- Do you feel uncomfortable ?
- Does your stomach feel stretched – full – bloated ?
- Do you feel comfortable and content ?
- Do your clothes feel tight ?
- Do you sick – do you have heartburn ?
- Do you feel short of breath ?
- Do you feel energetic or sleepy – tired – sluggish ?

LEVEL	OPTIONS
4 or less = still a bit hungry	<ul style="list-style-type: none"> <li>• Wait to see if you will feel fuller in a few minutes</li> <li>• Eat more now</li> <li>• Eat again in a while</li> <li>• Stop eating – you might want dessert soon – or you might want to exercise and don't want to feel too full</li> </ul>
5 = satisfied feels great <b>remember this feeling</b>	<ul style="list-style-type: none"> <li>• I'm not hungry anymore – I feel satisfied</li> <li>• I don't feel the food in my body</li> <li>• I could eat more – but I don't need to</li> <li>• The flavour of the food begins to fade</li> <li>• Harder to give every bite my full attention</li> <li>• I feel light and energetic – ready to my next activity</li> </ul>
6 = Full	<ul style="list-style-type: none"> <li>• I can feel the food – but it is not unpleasant</li> </ul>
5 or 6	<ul style="list-style-type: none"> <li>• I had enough</li> <li>• Move away from the table</li> <li>• Clear the food</li> <li>• Clean the kitchen</li> <li>• Cover your plate</li> <li>• Pack up leftovers for another meal</li> </ul>
7 or higher	<ul style="list-style-type: none"> <li>• You feel full or even sick – uncomfortable – sleepy – tired – <i>regretful</i> for eating too much</li> </ul>