Hungriness and fullness



Lots of people have forgotten the feelings of physical hunger and on the other hand, content fullness. Rating your hunger and fullness are good ways to get back in touch with these useful feelings.

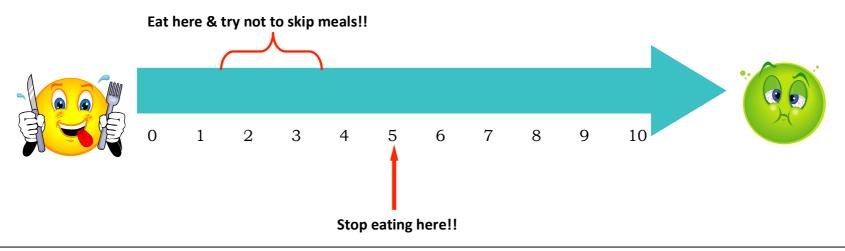
Hungriness

When you are hungry, check with your body before you eat. Hunger can be felt in many ways in the body, not just in the stomach so become aware of your individual signs. Rate your hunger between 0 and 10 (shown below). Aim to eat whenever your hunger is between 1 and 3.

Fullness or satisfaction

Some words used to describe appropriate fullness are: being satisfied, pleasantly comfortable, or content. This comes from eating the right types of food, in appropriate quantities and in response to physical hunger. This is very different to being uncomfortably overfull from eating too much, or the flip side feeling hungry again in 20 minutes. Initially varying the amounts of foods you eat and also the speed you eat will help you to recognise fullness. One useful way to help find this feeling is to rate your fullness (shown below) 10 minutes after you start eating.

As you become better at detecting your different stages of fullness, try to stop eating at about 5, knowing that you can have more later if you are still hungry. Please also indicate your level of hunger, fullness and emotional eating.



HUNGER LEVEL**: - 0 = Starving; 1 = very hungry; 2-4 = hungry; 5= comfortable/satisfied; 6-8= uncomfortably full; 9-10 = stuffed

Please complete your food diary and return to the dietitian on your next visit. A food dietary allows the dietitian to review your dietary intake and make an accurate assessment to help you achieve your goals. Please take time to **weigh and record ALL food and drinks consumed over the 5-7 days**, including amounts and product brand names. If you are eating out, please write this down as an estimate of your intake. Also include your hunger levels before and after a meal.

Thank you



		Hanna and Laure	Hamber Coll	144 . 1 . 1 . 1	11 16 11 61	
Date &		Hunger level	How I was feeling	What I was doing	How I felt after	Exercise
Time	What I ate	before	before	while eating	eating	(include all activity not just organised
		I ate*	I ate			exercise)
i.e	40g of nutrigrain with 100ml skim milk plus 1 mug of	3	6	Getting kids ready	Rushed	Walking around the house getting kids
12.10.11	tea/dash of skim milk and 1 tsp sugar			,		ready 15 minutes (Pedometer on today
730am	, ,					520 steps)

HUNGER LEVEL**: - 0 = Starving; 1 = very hungry; 2-4 = hungry; 5= comfortable/satisfied; 6-8= uncomfortably full; 9-10 = stuffed

FOOD AND EXERCISE DIARY



Date & times	What I ate	Hunger level before 1 ate*	How I was feeling before I ate	What I was doing while eating	Where I ate	Exercise (include all activity not just organised exercise)

HUNGER LEVEL**: - 0 = Starving; 1 = very hungry; 2-4 = hungry; 5 = comfortable/satisfied; 6-8 = uncomfortably full; 9-10 = stuffed

FOOD AND EXERCISE DIARY



Date & Time	What I ate	Hunger level before 1 ate*	How I was feeling before I ate	What I was doing while eating	Where I ate	Exercise (include all activity not just organised exercise)

HUNGER LEVEL**: - 0 = Starving; 1 = very hungry; 2-4 = hungry; 5= comfortable/satisfied; 6-8= uncomfortably full; 9-10 = stuffed



FOOD AND EXERCISE DIARY

What I ate	Hunger level before 1 ate*	How I was feeling before I ate	What I was doing while eating	Where I ate	Exercise (include all activity not just organised exercise)
	What I ate	What Late before	What Late before before	What Late before before while eating	What Late before before while eating Late