

The Hunger-Satiety Scale

Use this Hunger-Satiety Scale to get in touch with your hunger and satiety cues. Aim to stay within the blue zone, 4-7, as much as possible.

- 10 -- Extremely stuffed, nauseous**
- 9 -- Stuffed, very uncomfortable**
- 8 -- Overfull, somewhat uncomfortable**
- 7 -- Full but not uncomfortable**
- 6 -- Satisfied, but could eat a little more**
- 5 -- Starting to feel hungry**
- 4 -- Hungry, stomach growling**
- 3 -- Uncomfortably hungry, distracted, irritable**
- 2 -- Very hungry, low energy, weak and dizzy**
- 1 -- Starving, no energy, very weak**

When you reach 3 or 4...

Aim to start eating when you reach a 3-4. By not waiting too long, it may make it easier to thoughtfully choose what you'd like to eat and eat until you are satisfied, rather than overly stuffed. Keeping nutritious snacks available, especially while running errands, can help tide you over until your next meal if necessary. Some tasty snack ideas include whole fruit, nuts, hard-boiled eggs, veggies and hummus, or plain yogurt with fruit.

When you reach 6 or 7...

Once you reach a 6, you would be just about satisfied. Within 15-20 minutes, you will likely be at a 7, full but not uncomfortable. To make this a bit easier, check in with your hunger cues before and/or during meals and snacks, keep serving dishes on the counter rather than on the dinner table, and take your time while eating by engaging all of your senses.



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