

Eating According to Hunger and Fullness

The Hunger Cascade

1. Starving

2. Very hungry

3. Hungry

4. Somewhat hungry

5. Not hungry/not full

6. Somewhat full

7. Full

8. Very full

9. Stuffed

- Notice where hunger shows up in your body – is it a feeling of emptiness in your stomach? A grumbling tummy? A headache? Lack of focus? Irritability? Lightheadedness?
- Try to start eating when you notice you are gently hungry, that is “hungry” or “somewhat hungry” on the hunger cascade above.
- Choose to eat what you are hungry for and devote your full attention to it – use your senses of taste, touch, smell, sight, and even hearing – and eat at a pace that allows you to notice as you gradually become full.
- Try to stop eating when you notice you are comfortably full, that is “full” or “somewhat full” on the hunger cascade above.