EATWELL.BEWELL.

THE HUNGER CHART

Are you consciously aware of your hunger levels?

If not, it can lead to you overeating. Use this chart to notice your hunger before and after your meals so as to get really in touch with hunger and satisfaction levels. After eating, it takes 20 minutes for your hunger hormones to let you know you are full, so try to ensure you don't go beyond a '7' when eating a meal.

Perhaps stick this chart on your fridge—as a reminder?

1.	Feeling so very hungry, that you could eat virtually anything you can get your hands on
2.	Hunger is intense and everything looks really good to eat
3.	Your tummy is rumbling and you are having hunger pangs
4.	You can feel you're getting hungry and it is time to think about what would be good to eat
5.	You feel neither hungry nor full. This might be an hour or so after you have eaten.
6.	You feel content and satisfied but you could easily eat more. Consider if you have now eaten enough
7.	You feel totally satisfied and know you won't feel hungry again for hours. It's time to stop eating.
8.	Feeling very full and you don't want anything else to eat
9.	Feeling really stuffed and uncomfortable
10.	Painfully full—perhaps like after Christmas dinner—and feeling very uncomfortable

© Jennie Bayliss 2017 www.jenniebayliss.com 01305 821799 hello@jenniebayliss.com