

Understanding the Hunger Scale

1	Painfully hungry; may feel weak or dizzy	6	Feel satisfied, but could eat more
2	Distracting hunger— everything looks good to eat	7	Comfortably satisfied; hunger is gone for a few hours
3	Hungry, but not starving (hunger pangs may begin)	8	A little bit too full
4	Starting to feel hungry	9	Stuffed and uncomfortable
5	Neutral; not hungry or full	10	Painfully full; may feel sick

Bariatric Program