H3 Hunger / Satisfaction Scale

- Ravenous
  - Headache
  - Fatigue
  - Irritable
- Hungry
  - Shaky
  - Loss of Focus
- Neutral
  - Neither Hungry nor Full
- Satisfied
  - Can Sense Food in Stomach
  - Eating Slows Down
  - Completely Satisfied
- Too Full
  - Over-Full
  - Fatigued
  - Painfully Full
  - Nausea
Mindful Eating

**BEFORE EATING:**
- Rate your appetite according to the hunger/satisfaction scale.
- Notice the portions, appearance, and aroma of your meal.

**DURING EATING:**
- Notice the taste, and texture of the food as you eat.
- Notice the pace of your eating – is it slow, moderate or fast?
- Notice how thoroughly you are chewing before swallowing each bite of food.
- Try to notice the ‘pause’ or slowing down of your eating pace indicating hunger satisfaction.

**AFTER EATING:**
- Rate your appetite according to the hunger/satisfaction scale.