

THE HUNGER AND SATIETY SCALE

1. Weak with hunger

You are so hungry that you may not even be aware of it, but you feel headachey and faint.

2. Famished

Too hungry. This is the fist-banging stage when you'll eat anything.

3. Hungry

The perfect time to eat, when the food tastes delicious, but you're not so hungry that you're indiscriminate.

4. Mildly Hungry

Something light would suffice, or you could stand to wait another hour for the desire to develop more fully.

5. On the way to being satisfied

During a meal, you are in the pleasant stage of enjoying the food but you are not yet satisfied.

6. Satisfied

The perfect time (according to your stomach) to stop eating. You are sated.

7. A little fuller than "satisfied"

A few bites past "6," due to the momentum of eating. The food seems less delicious, more tasteless.

8. Very full

Beginning to be uncomfortable.

9. Painfully full

10. And so on