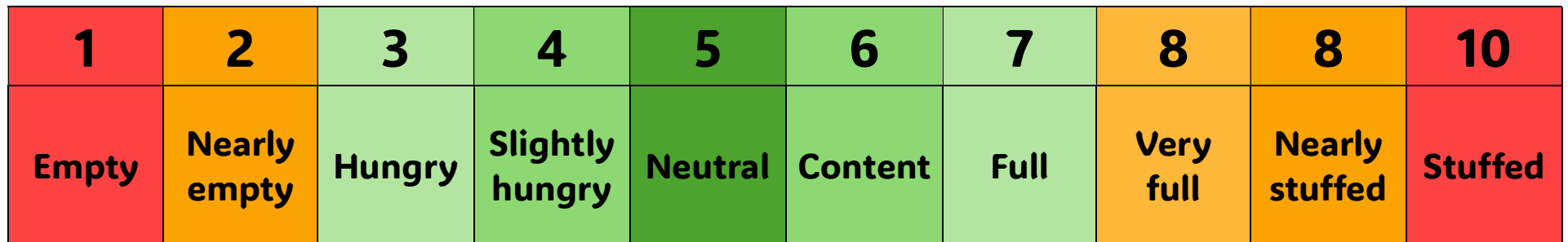


The Hunger Scale

Pay attention to your Hunger Cures

Stay between 3 and 7



1	2	3	4	5	6	7	8	8	10
Empty	Nearly empty	Hungry	Slightly hungry	Neutral	Content	Full	Very full	Nearly stuffed	Stuffed

Eat
when
you are
3 or 4

Stop
when
you are
6 or 7