

Patient Details

Name

Diary Start Date

Hungriness and fullness

Lots of people have forgotten the feelings of physical hunger and on the other hand, content fullness. Rating your hunger and fullness are good ways to get back in touch with these useful feelings.

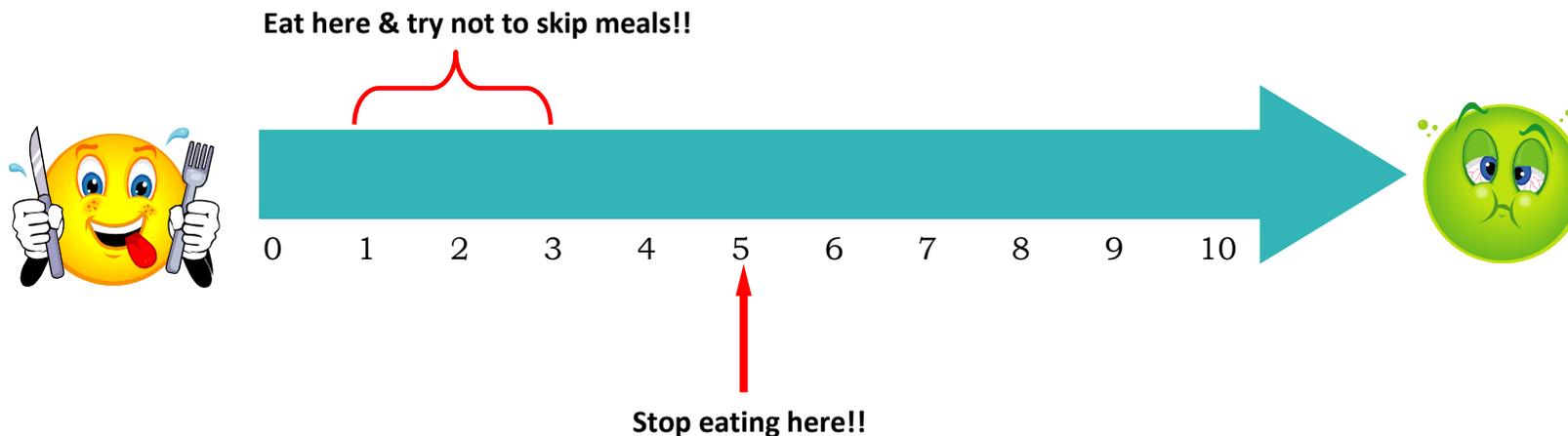
Hungriness

When you are hungry, check with your body before you eat. Hunger can be felt in many ways in the body, not just in the stomach so become aware of your individual signs. Rate your hunger between 0 and 10 (shown below). Aim to eat whenever your hunger is between 1 and 3.

Fullness or satisfaction

Some words used to describe appropriate fullness are: being satisfied, pleasantly comfortable, or content. This comes from eating the right types of food, in appropriate quantities and in response to physical hunger. This is very different to being uncomfortably overfull from eating too much, or the flip side feeling hungry again in 20 minutes. Initially varying the amounts of foods you eat and also the speed you eat will help you to recognise fullness. One useful way to help find this feeling is to rate your fullness (shown below) 10 minutes after you start eating.

As you become better at detecting your different stages of fullness, try to stop eating at about 5, knowing that you can have more later if you are still hungry.



HUNGER LEVEL:** - 0 = Starving; 1 = very hungry; 2-4 = hungry; 5= comfortable/satisfied; 6-8= uncomfortably full; 9-10 = stuffed

