



foodwatch hunger fullness log

eat well feel well live well

by Catherine Saxelby

Tune in to your stomach: give your feeling of hunger or fullness a number from 0 to 10.

Check your hunger: every hour log how hungry or full you are on the graph.

Identify your hunger pattern: the graph will help you identify when you are most hungry.

Match your mealtimes: it's normal and natural to feel hungry several times a day. Use this log to help you match your mealtimes with the times you feel most hungry (1 – 3).



Bursting



Too full



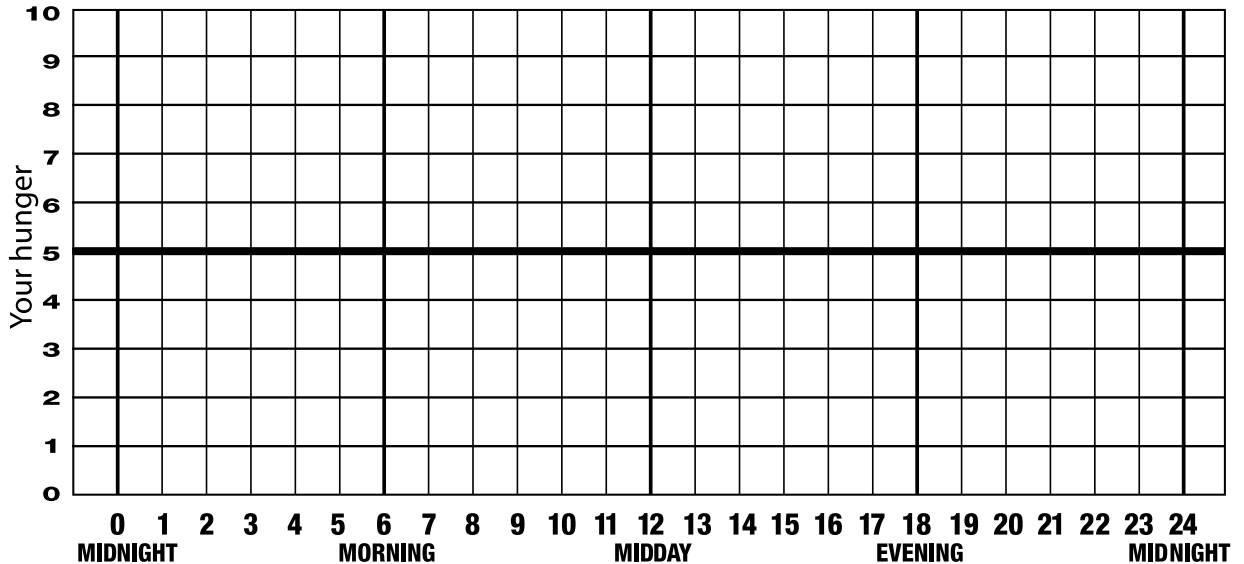
Satisfied



Starving



Empty



Times when I'm hungriest

.....
.....
.....

- Wait until your hunger is down at 0, 1, 2 or 3 BEFORE you eat.
- Stop eating when you reach a 5.
- If you overshoot your fullness and go to 6, 7, 8, 9 or 10, you'll gain weight.



Stomach satiety

Your stomach is the size of a clenched fist. It expands as you eat. If you eat slowly and chew well, your stomach will tell you when it's full. Have a listen.....

10. I'm ready to burst!
9. I'm absolutely full!
8. I feel like an overstuffed cushion!
7. I'm uncomfortably full.
6. Aaaaah. I shouldn't have eaten that last mouthful.
5. I enjoyed that. I feel quite satisfied.
4. What's to eat? I'm peckish.
3. I'm running on empty.
2. Hey there! I'm starving!
1. I'm soooooo ravenous.
0. If you don't feed me soon, I'll be too weak to chew!



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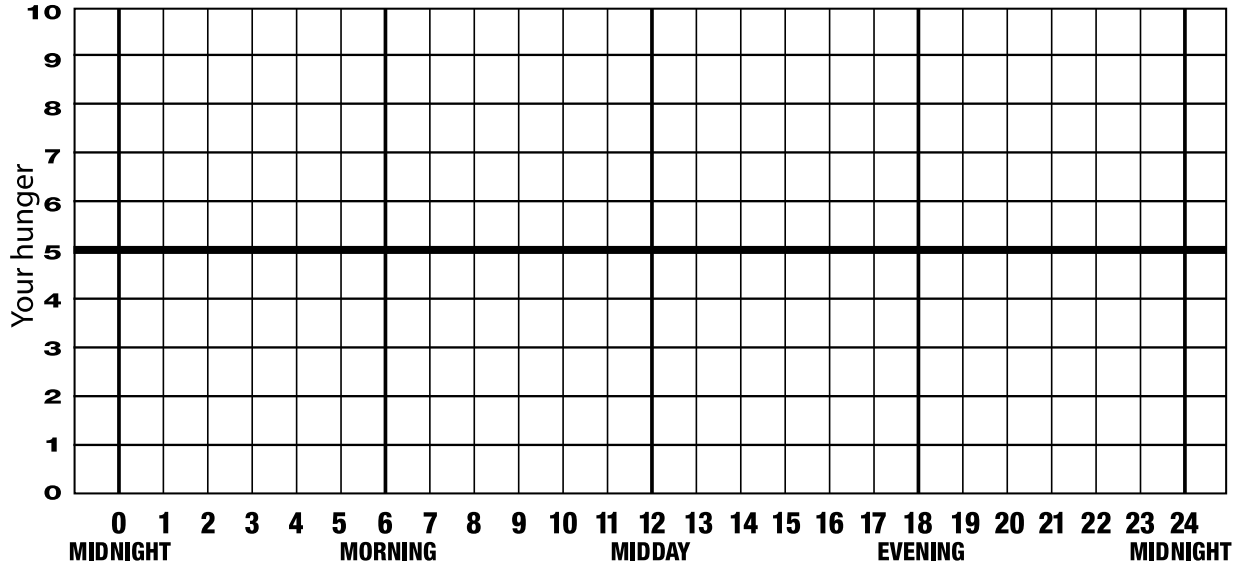
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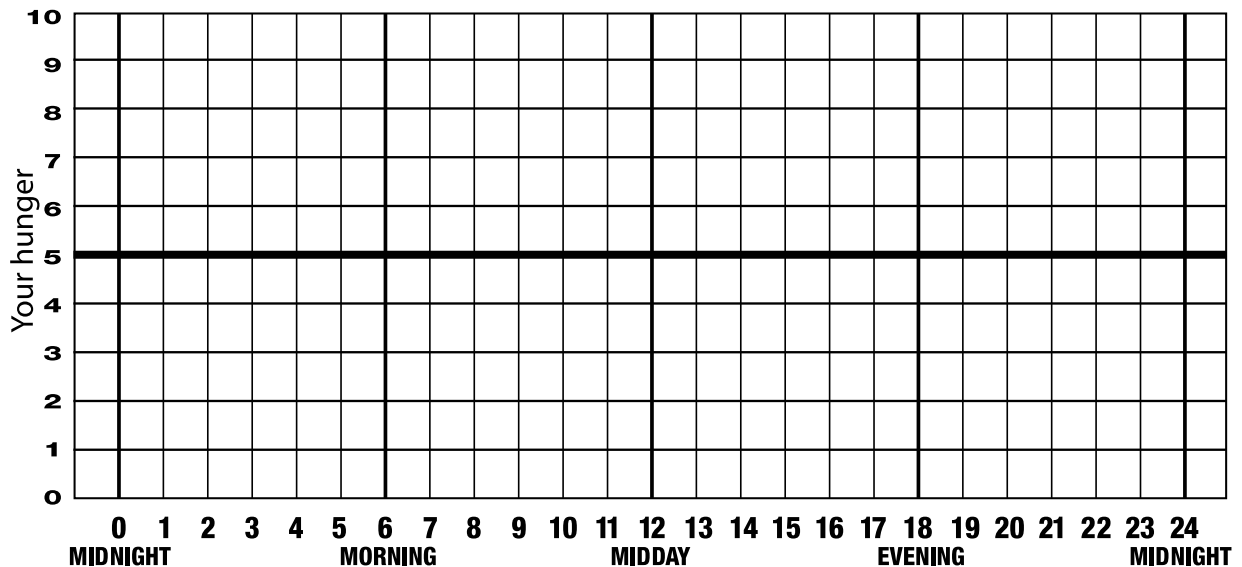
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